

# WANT MINDFULNESS?



Explore the basics and benefits of mindfulness meditation



Practice mindfulness of breath, body, feelings, and thoughts



Learn valuable mindfulness skills and tools



Understand the importance of embodying mindfulness with loving awareness



Develop a regular meditation practice that works for you



Learn strategies to step out of reactivity and respond wisely

*Join weekly Mindfulness Practice*

*Wednesdays at 1 p.m. via Zoom\**

As we face ongoing challenges and transition, Mindfulness Practice can help reduce stress, anxiety, loneliness and depression, and enhance clarity, patience, sleep and overall health. Each Wednesday, the first 15 minutes will cover the basics or mindfulness and then you will be invited to participate in guided exercises, ask questions, share feedback and learn tips for starting or maintaining your own practice. **All faculty and staff are welcome!**

Facilitated by Dr. Sue Matthews, FSAP Psychologist

\* Zoom Link: <https://zoom.us/j/91663857646?pwd=NDdTTmN6WGRGejl2WWM4RE1PSmdCZz09>

For more information, contact the Faculty Staff Assistance Program:  
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