WANT MINDFULNESS?

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 Tuesday, the first 15 minutes will cover the basics of 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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