



MINDFULNESS WEBCAST

MINDFULNESS PRACTICES CAN BE USED TO LEARN TO COPE WITH STRESS IN A THOUGHTFUL AND BENEFICIAL WAY. CAPITAL BLUECROSS PROVIDES A WEBCAST TO LEARN MORE ABOUT THE BENEFITS OF MINDFULNESS AND WAYS TO INTRODUCE THESE PRACTICES INTO YOUR EVERYDAY LIFE. **VIEW THE WEBCAST.**

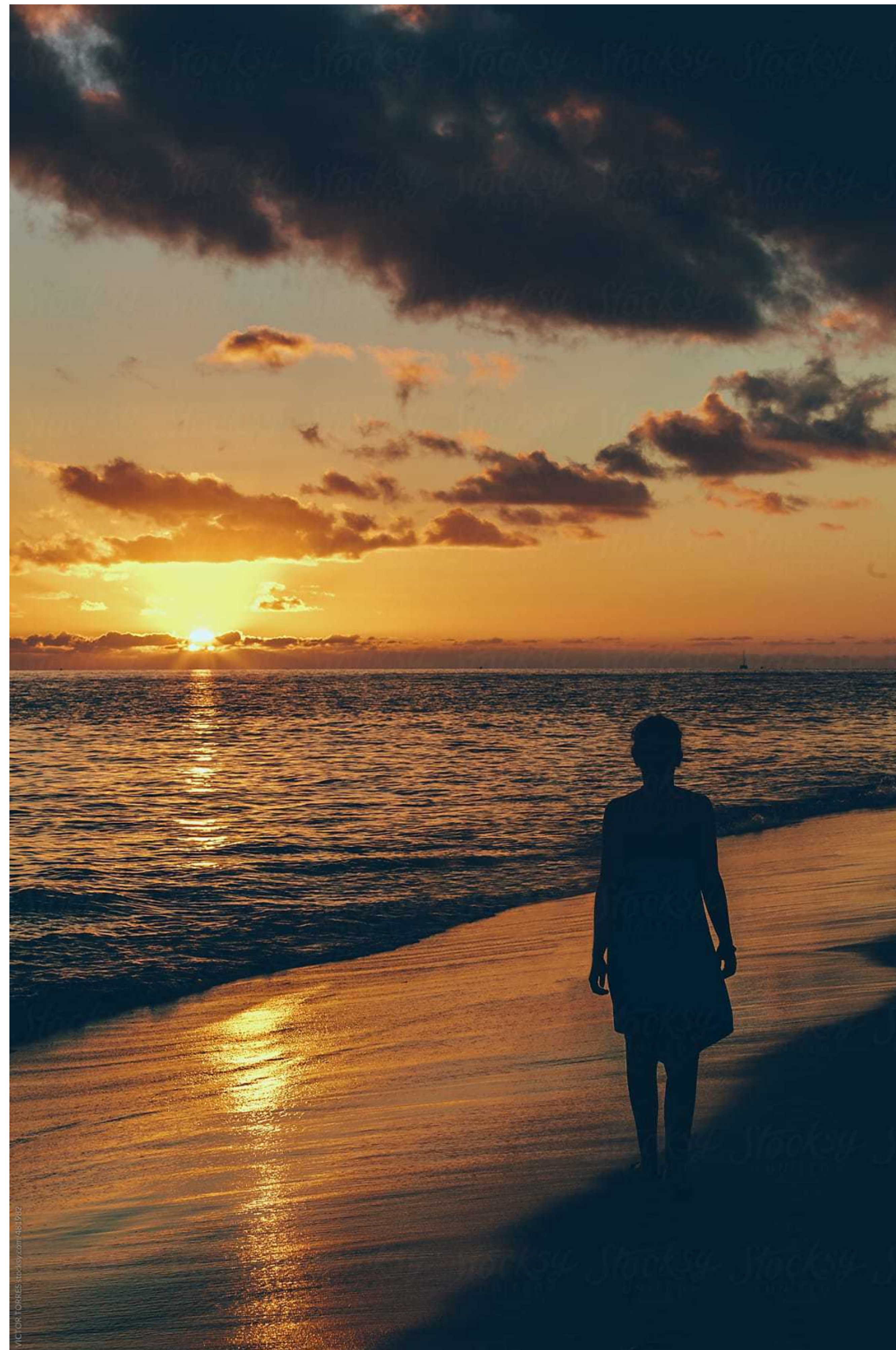


AT-HOME MINDFULNESS GUIDE

Mindfulness is an excellent tool in times of uncertainty. Slow, mindful breathing is calming and restorative -- it sends signals to the brain and body that everything is okay. Included in this packet, you'll find activities and resources to help you bring a little mindfulness into each day. The activities are geared toward children, but meant to be practiced together.

MINDFULNESS

Mindfulness is being present in the moment through awareness of our thoughts, feelings and environment.



Lafayette Employee Wellness Program



STRESS MANAGEMENT

Stress Management and Mindfulness go hand in hand. Check out these resources:

- [From the TED Talks library](#)
- [Calm: Take a Deep Breath](#)



MEDITATION

Sponsored by Student Involvement, all are welcome to join free virtual meditation sessions! Beginners will be given basic instruction in meditation. All that is needed is a chair to sit in. Check the **College events calendar** for sessions.