

Mindful ME



Welcome to Mindful Me Virtual Group Series

This 8-week program will cover topics including gratitude, the benefits of mindfulness, body awareness and mindful eating. You will also be introduced to a number of mindful practices.

Gratitude

Have you ever noticed when you practice being thankful for the smaller things in life you feel better? We will talk about gratitude and how being thankful can help improve your ability to manage your emotions.

Benefits of Mindfulness

You will be introduced to what mindfulness is and how it can benefit you. You will have the opportunity to learn simple strategies that will help you cope with situations that cause distress.

Body Awareness

In this session, you will be introduced to strategies that can help reduce your body's (physiological) response to situations that are not comfortable.

Mindful Eating

You will learn about the value of eating mindfully. Have you ever taken time to truly pay attention to how your food tastes, feels, or smells? What sensations do you feel in your mouth when you practice eating mindfully?

Mondays
January 30 - March 20
10am



To register:

Please email Kailey Cheropita at kcheropita@bethesdaservices.com

Registration email should include the group name that you would like to register for and your contact information, including name, email and phone number.