

## Live Web-based Programs

Mindfulness is a training in attention and awareness which cultivates essential psychological skills in the same way an athlete builds strength by lifting weights or a pianist builds skills by practicing scales. Here we are building skills to support purposefully attending to our own thoughts, emotions and sensations with a gentle curiosity.

### Managing Mood with Mindfulness

This Mindfulness Program is designed to reduce the symptoms and root causes of depression and anxiety.

#### Includes

Four weekly live 75-minute webinars with 10 minutes of daily home practice

#### In this Program We Learn

- The difference between stress and suffering
- How negative thoughts create suffering
- Why negative thoughts are so compelling
- How awareness protects us from negative thoughts
- How awareness enhances happiness
- The evidence that mindfulness changes the brain
- Practical skills for reducing stress and enhancing happiness

CALL US FOR MORE INFORMATION 855-500-6463