Mid-Week Mindfulness

Wednesday Lunchtimes 1.15pm – 2pm
Running Wednesday 6th March – Wednesday 3rd July 2019
Leigh Scott Room, Baillieu Library

What is Mindfulness?

Mindfulness is paying attention to the present moment with an attitude of openness, curiosity, and acceptance.

Come along to an introductory ‘drop-in’ mindfulness session to find out more about it and try some guided mindfulness exercises.

All are welcome.

Some benefits of regular mindfulness practice:

- Improve concentration and learning
- Reduce stress and anxiety
- Better sleep
- Increase resilience and peace of mind

Counselling and Psychological Services

Questions or need more information?
Call us at 03 8344 6927
services.unimelb.edu.au/counsel