Mid-Week Mindfulness

Wednesday Lunchtimes 1.15pm – 2pm
Running Wednesday 28th February – Wednesday 27th June
Dulcie Hollyock 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 students and staff of the university are welcome.

Some benefits of regular mindfulness practice:
- Improve concentration and learning
- Reduce stress and anxiety
- Better sleep
- Increase resilience and peace of mind

For further information, please contact
Counselling & Psychological Services
8344 6927
services.unimelb.edu.au/counsel

For more information, visit services.unimelb.edu.au/counsel