



Counselling and
Psychological Services

Mid-Week Mindfulness

Wednesday Lunchtimes 1.15pm – 2pm

Running Wednesday 31 July – Wednesday 23 October 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. No registrations required.

Some benefits of regular mindfulness practice:

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

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Questions or need more information?

Call us at **03 8344 6927**

 services.unimelb.edu.au/counsel