



## **Mindfulness Opportunities for the Entire Drexel University Community**

**Drexel Meditation Group (DMG):** Meets every Thursday from 12:30 - 1 p.m. in the James E. Marks Intercultural Center, 3225 Arch Street, Interfaith Sanctuary. These weekly sessions offer a short guided meditation followed by discussion, a great opportunity to sit quietly with Drexel colleagues and friends and to learn how to better manage your stress and more deeply engage your work and your life. The DMG offers an opportunity for Drexel professional staff, faculty and students to reduce stress and grow in mindfulness and compassion together. Please contact Ahaji Schreffler [ahaji@drexel.edu](mailto:ahaji@drexel.edu) or Monica Fauble [mfauble@drexel.edu](mailto:mfauble@drexel.edu)

## **Mindfulness Opportunities for Faculty and Professional Staff**

**May 23, 2018: An Introduction to Mindfulness-Based Stress Reduction with Alexander deVaron (In-person or via live webcast)** Please register in Career Pathway via [DrexelOne](#). This session will explore the core principles and practices of Mindfulness-Based Stress Reduction (MBSR). Mindfulness-Based Stress Reduction is a secular set of practices that help us to address the ways we live that increase stress and undermine our health. During this session, we will focus on what happens when we bring mindfulness to habitual thoughts, feelings in the body, and emotions. The goal of this session is to give you a taste of the power of these techniques, and a sense of how to apply them in your life.

**June 12, 2018: Mindfulness of Emotions with Michael Gotlib (In-person or via live webcast)** Please register in Career Pathway via [DrexelOne](#). A satisfying and meaningful life requires us to have a balance of acceptance and change with the entire breadth of our emotions. This workshop offers an introduction to the various roles emotions can play in our lives. We will explore a variety of mindfulness-based skills to help participants better understand their emotions through body sensation and action urges. Participants will discover ways of tolerating difficult emotions and increasing flexibility in a manner consistent with your personal values.

## **Mindfulness Opportunities for Students**

**ACT:** ACT One is a workshop series that introduces students to mindfulness and psychological flexibility. The first session introduces the practice of being mindful of the present moment. Session two introduces openness to experience and learning to step back from unhelpful thoughts, worries, or memories, instead of getting caught or struggling to get rid of them. Session three introduces the concepts of values and committed action.

**Self-Compassion Workshop:** A workshop series to help enhance self-compassion as evidence indicates greater self-compassion can lead to better ability to bounce back from difficult experiences. This workshop includes mindful breathing exercises and various self-compassion focused mindfulness exercise.

The counseling center has hosted drop-in mindfulness workshops in the past; availability depends on student interest and staff availability. Contact Michael Gotlib: [meg382@drexel.edu](mailto:meg382@drexel.edu)