Summer Series on Mindfulness
Training Provided by West Virginia Association of Positive Behavior Support

When: A Series of Three Sessions:
   Summer Series I: June 3, 2020 at 10:00 am-11:00 am
   Summer Series II: July 1, 2020 at 10:00 am-11:00 am
   Summer Series III: August 5, 2020 at 10:00 am-11:00 am

Cost: Free

Series I: Movement and Mindfulness:
Developing the skills of stress reduction, stress management, coping, reducing tension, reducing isolation through movement such as yoga, dance, or movement therapy. As well as increasing our own awareness of how our body responds and feels during movement. In addition, a way to redirect our thoughts from negative to positive when being physical active.
   • Understanding self-compassion and meaningful work.

Series II: Creativity and Mindfulness:
What do you do when you run out of ideas and how do you get your mojo back?
Meditation is a very-useful tool, for stress-reduction while opening the door to developing creative ideas. Mindfulness improves attention and prevents distractions of thought. Mindfulness helps your mind from getting stuck in chaotic thoughts.
   • Realizing your own sensory needs and how your environment impacts your brain.

Series III: Emotions and Mindfulness:
Being mindful of your emotions helps us to understand what we are feeling, not fear or struggle against it. When bad past experience resurface in your mind identify the emotion, label the emotion that this is anger or anxiety and even if the emotion feels overwhelming it will pass and let go of the need to control that emotion.
   • Reflect on unpreparedness/lessons on Covid-19.
   • Building on your strengths, using the tools of savoring, kindness, and gratitude.

Join Zoom Meeting  https://zoom.us/j/4882961882
Meeting ID: 488 296 1882
Or call in at +13126266799