

Mindfulness is the capacity to be present in the moments of our lives and to use them for the benefit of ourselves, others, and the world we live in.

Mindfulness requires regular practice.

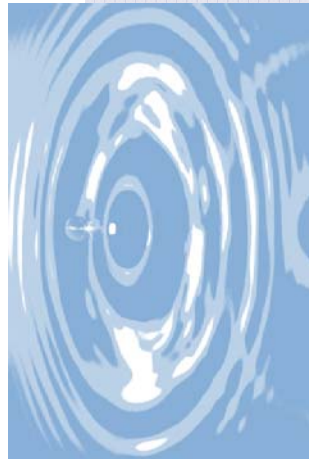


Mindfulness Practice

is an experience for **WSC students and staff** designed to give participants the resources and the tools to promote living with consciousness. This program is a discovery process. Practices vary in content, but are all approximately 45 minutes in length.



Registration not required.



WSC Counseling Center

Student Center Room 103

Phone: 402.375.7321 - Fax: 402.375.7058

Website: http://www.wsc.edu/counseling_center/

**WSC
Counseling Center**

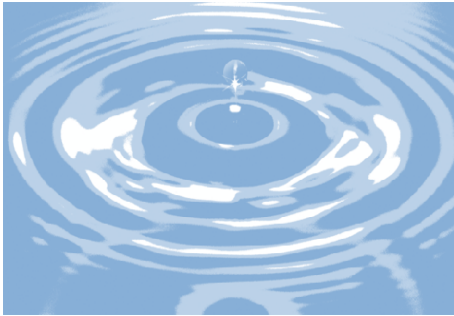


*Invites you to
explore*

**MINDFULNESS
PRACTICE**

*for the
performance of
your life.*

YOUR PERSONAL GROWTH DESERVES YOUR ATTENTION



**Held Thursdays,
4:00-4:50 p.m.—
Goldenrod Room
Student Center**



The Practice...

...is derived from the **Mindfulness-Based Stress Reduction (MBSR) Program** developed by **Jon Kabat-Zinn** at the University of Massachusetts Medical Center.



Our Commitment...

...to you is to provide a weekly group meeting with a competent facilitator; a measure of your mindfulness level and your state/trait anxiety level (pre/post 8-week experience); and free consultation re: your practice.



Your Commitment

...is to attend sessions, Thursdays, 4:00-5:15 p.m. as often as you wish each semester; to practice up to 45 minutes daily on your own; to be open to discovery of the effects of mindfulness on your life.



Outcomes

...as measured by numerous research studies have indicated that MBSR is a practice worth the investment of time. We will be interested to know what value you discover from your involvement.



MINDFULNESS PRACTICE

for the performance of your life.



“How do I know

...if this practice is really for me?” You may not know. The best practice is the one approached with an openness to discovery.



How

...do I participate? Come to the Goldenrod Room in the Student Center on Thursdays at 4:00 p.m. The contact person for this program is Karen Granberg, LMHP, WSC Counselor.

