

Mindfulness Fridays

Strategies for coping, self care and stress reduction

Have you heard about Mindfulness in the mainstream media lately? It has become a hot topic and for good reason. Several studies show that practicing mindfulness can have a positive impact for many people. For cancer patients practicing mindfulness may help people cope better with stress and anxiety and improve quality of life during and after treatment.

Mindfulness is often described as intentionally focusing your awareness on the present moment without judgment. It involves paying attention in a different way than many of us typically do in our daily lives.

Please Join Us for our Quarterly Mindfulness Sessions

Each session will be a brief but powerful experience with a helpful mindfulness practice.

- **Session #1: *Journaling with intention***- We will explore how the art and physical action of writing can be used intentionally to support, nurture and encourage self-discovery, reflection and expression.
- **Session #2: *Aromatherapy, how smells can soothe and comfort***- We will learn the basics of aromatherapy. Smell a few scents and explore ways that aromas may provide comfort, relaxation or just add some joy to your day.
- **Session #3: *Art as Therapy – tapping into your right brain***. We will spend time exploring the benefits of using art and creativity to improve mood, relieve stress and refocus our minds. It will be fun too!
- **Session #4: *Stress reduction through mindful-breathing***- Learn about breath work. Practice skills that can be used anywhere to calm, relax and ground you.

EVENT DETAILS

RMCC- Longmont:

2030 Mountain View Ave
Suite 210
Longmont, CO 80501

Friday's 11:00- 12:00

Session #1: *March 10, 2017*

Session #2: *June 9, 2017*

Session #3: *September 8, 2017*

Session #4: *December 8, 2017*

Please call to register:

Patients, Survivors and Caregivers
welcome

Each session is a separate program you
may register for individual session

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