

RESILIENCE WITH MINDFULNESS

OFFERED BY THE RESILIENCY CENTER AND
WELLNESS & INTEGRATIVE HEALTH

COURSES

SELF-COMPASSION

This 4-week course teaches knowledge and skills in reducing unhelpful negative self-talk and increasing our ability to support and motivate ourselves, especially during challenging times.

EVERYDAY MINDFULNESS

This 4-week course introduces a variety of mindfulness practices to help us reduce stress and increase enjoyment in day to day life. Social Work CEUs available.

MINDFULNESS-BASED STRESS REDUCTION

This 9-week course provides intensive training in developing a habit of mindfulness practice to increase self-awareness, reduce stress and cultivate intentional living. Social Work CEUs available.

ON-GOING SUPPORT

BIPOC CHECK-IN & SUPPORT (VIRTUAL)

Started as a place to grieve and honor George Floyd, this is a space for employees at the U who self-identify as BIPOC to experience community, share struggles and solutions, and celebrate being who they are. Drop-ins are welcomed.

1st & 3rd Thursdays 12-1 PM

Zoom link:

<https://lms-utah.zoom.us/j/92105608047>

WORKSHOPS

MINDFULNESS IN MEDICINE

This workshop integrates brief mindfulness skills, appreciative inquiry and narrative medicine to support healthcare professionals in enhancing wellbeing, self-awareness and patient care. Social Work CEU credits available.

INTRODUCTION TO SELF-COMPASSION

This workshop is an introduction to the foundational concepts taught in the 4-week course, *Self-Compassion*. Self-compassion is a practice of treating ourselves with kindness in times of failure and success.

SELF-COMPASSION FOR BIPOC: HEALING IN COMMUNITY

Self-compassion as a practice can be a form of resistance and healing for BIPOC communities. In this workshop, participants will learn how to support themselves to minimize the impact of racism and promote healing and growth.

FIERCE SELF-COMPASSION: ADVOCATING FOR OURSELVES & OTHERS

This workshop is a community space for folks with marginalized identities to explore how self compassion is critical for promoting justice. We will explore and practice strategies for responding authentically and intentionally to issues of marginalization, such as invisibility and impostor syndrome.

MINDFULNESS ORIENTED RECOVERY ENHANCEMENT (MORE)

This 2-hour workshop will teach you three practical techniques for decreasing stress and enhancing well-being: mindfulness, mindful reappraisal, and mindful savoring.

For more info, pricing or registration,
visit: <https://bit.ly/UofUMindfulness>



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