**Mindful Mondays**

Mindful Mondays are designed for you to start your week with an intentional pause and practice a guided mindfulness exercise with your work community. All you need to do is show up, turn your phone off, and be!

**Mindfulness Defined:**
*Paying attention in a particular way, on purpose, in the present moment, non-reactively, nonjudgmentally and openheartedly as possible.* - Jon Kabat-Zinn

**When to Integrate:**
- Maintaining internal and external composure – creating space between you and your surroundings (bubble).
- Clearing your head at nighttime.
- Creating positive energy.
- Hitting the reset buttons between meetings.
- During your commute.
- This training is only as good as you make it for yourself.

- We can practice bringing our mindful attention to daily activities that are often performed mindlessly.
- We can pay attention to the movement of the body, and the sights and sounds around us.
- Perhaps pick one of these activities to serve as your “call to mindfulness” during the day:
  - Getting dressed.
  - Taking a walk.
  - Walking in between meetings.
  - At bedtime.
  - Talking to your children/spouse.
  - Taking a shower.
  - Drinking coffee.
  - Eating a meal.
  - Getting out of bed.

**When:**
Mindful Mondays is 8:30 a.m. – 9 a.m. every Monday.
Instructed by Barbara Walker, PhD, Integrative Health and Performance Psychologist

**Where:**
Please click link below on Mondays at 8:30 a.m. to join the meeting. No registration required.

[Join Microsoft Teams Meeting](#) or call **+1 513-342-0888** United States, Cincinnati (Toll)

Mindful Mondays is hosted by UC Health Integrative Medicine. For more information, visit [uchealth.com/integrative](http://uchealth.com/integrative).