



IN SCIENCE LIVES HOPE.

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.
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- 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](tel:+15133420888) United States, Cincinnati (Toll)

Mindful Mondays is hosted by UC Health Integrative Medicine. For more information, visit uchealth.com/integrative.