



MMHG Wellness Presents:

2022 Mindfulness Series

Register for individual webinars by clicking on the links below.
Can't attend live webinars? Recordings will be available to view anytime.
Questions? Call **774-773-9306** or email wellness@mmhg.org.

We'll be raffling a \$25 gift card after each live webinar among participants!

Series is FREE and open to all MMHG member unit employees, retirees and their dependents.

Tuesday, June 14, 12:00 p.m. – 1:00 p.m.

Introduction to Mindfulness:

How the Science and Practice of Awareness Supports Well-Being and Performance

This program introduces the basic principles and practices of mindfulness: a concentrated state of awareness that helps people see and respond to situations with clarity. Individuals who employ the techniques of mindfulness in their lives are able to monitor moment-to-moment effectiveness; respond promptly and appropriately to difficulties as they arise; and remain open to new ideas and perspectives. Participants will be introduced to the foundational meditation practices of mindfulness that will teach them how to be more focused, creative and resilient in all aspects of their lives.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZlIf-upqz0iGdKqGMX9dQHaojeEjNbYNeBc>

Tuesday, July 12, 12:00 p.m. – 1:00 p.m.

Working with the Inner Critic

We all have an inner critic, often felt as a running monologue in the back of the mind. Our inner critic can sometimes help us make effective decisions in difficult circumstances. But other times, our inner critic gets stuck in "judgment" or "self-judgment" mode, leading us into a self-defeating narrative. Through practice, we can reduce the least skillful impulses of the inner critic, which stand in the way of helping us stay motivated, and motivating others. Instead, we will receive challenges with greater ease; cultivate a flexible mind; and grow in the face of adversity.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZEIcu-uqjMjGNRUyci-FJVfCfgZLbbjyia>

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Tuesday, August 9, 12:00 p.m. – 1:00 p.m.

Mindful Communication: Listening with Awareness

If we're not paying attention, the conversations we engage in on a daily basis may become automatic, even careless. It is challenging to listen effectively under such conditions. When we practice the skill of mindful listening, on the other hand, we create the conditions for all of our interactions to become meaningful and authentic exchanges— we discover what it means to truly listen to another, even when we disagree with the person with whom we are speaking. This program will distinguish mindful listening from other types of communication skills, and demonstrate how it can increase the value of all our conversations—from the ordinary ones, to the most difficult.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZwtdeGupjgoE9DHJoiGkwjKYGVh8dDau9hc>

Tuesday, September 13, 12:00 p.m. – 1:00 p.m.

Managing Difficult Emotions

Resisting or suppressing difficult emotions does not make them go away—instead, it can lead to increased stress, decreased focus, and the unmistakable feeling of overwhelm. Mindfulness, on the other hand, offers us the ability to recognize and understand our own moods and tendencies. In doing so, we recognize complex emotional states and challenging thoughts when they arise, and come to understand why they might have arisen in the first place. This specialized quality of awareness prepares one to move through the world feeling empowered to make wise choices in every situation.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZYlcuGsqDsvGNboG0PE7cVrAUrGwO8IURgR>

Tuesday, October 11, 12:00 p.m. – 1:00 p.m.

Cultivating Connection and Compassion Through Mindfulness

Human beings evolved to be cautious around other members of our species, while simultaneously needing the support of communities to survive, and thrive. At times, opening up to others can seem natural and easy, but at other times—especially in uncertain times—developing a trusting relationship with others can feel very challenging. When we practice mindfulness techniques designed to cultivate connection, compassion, and kindness, we train ourselves to be more receptive, collaborative, and creative with everyone around us. In doing so, we effectively exercise the mind's ability to expand beyond anxiety, fear, boredom, and frustration.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZUkde2uqTMoE9QPvmMCEEX0vniKN1UcXus2>

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Tuesday, November 8, 12:00 p.m. – 1:00 p.m.

Mindful Movement: Chair Yoga for Any Level

As everyone who's ever worked at a desk knows, sitting for long periods can result in stiffness and discomfort. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one's range of motion – and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary. This class does not require special clothing or equipment.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZYlcumqgTssE92eG994iifVwgX4gQhp57PI>

Tuesday, December 13, 12:00 p.m. – 1:00 p.m.

Meditation: The Heart of Mindfulness Practice

The cornerstone of any mindfulness practice is meditation. Formal meditation exercises are employed as a method for steadying the mind, so that one begins to feel empowered to approach every moment, task, and interaction with an attitude of curiosity, receptivity, and wakefulness. While meditation can be practiced nearly anywhere, anytime, and without any tools or equipment, many individuals find their experience is enriched when they receive guidance from an expert teacher, especially in an environment where they can practice alongside other individuals similarly committed to exploring mindfulness and its impacts. In a setting designed to encourage inquiry as well as practice, participants will learn a variety of meditative practices, and then be invited to discuss challenges they may be experiencing, in order to receive tips on how to bring increased energy to their preferred practice methods—all while building a sense of community.

Please register here to join us for this session:

<https://us02web.zoom.us/meeting/register/tZMkcuCrqTwvGNPcyBc6jFywdW-hu8wNUkZi>

Meet your instructor: Christine O'Shaughnessy.



Christine O'Shaughnessy is the founder of Mindful Presence and a senior teacher with the Mind the Moment program, offering executive coaching and mindfulness training to corporations, groups, and individuals, thereby helping people to thrive in emotional intelligence, leadership and creativity.

Christine has worked with a broad spectrum of clients, representing non-profits, investment and financial management firms, tech firms, healthcare companies, and educational institutions. Christine brings the depth and knowledge from her previous career as a senior corporate executive into her mindfulness trainings, guiding individuals to become more mindful leaders in the workplace.

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