

This group meets for four sessions and focuses on practice and discussion of:

- visual/auditory mindfulness
- emotional mindfulness
- kinetic (body) mindfulness

**Sessions start
Thursdays of Sept and
Oct 2011**

**Will meet on Thursdays
For FOUR weeks
5:30-6:30pm
FRASER 312**

Fee: Flat rate of \$10 for all four sessions.

Register: (785)-864-4121

"Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone."

— Louis L'Amour



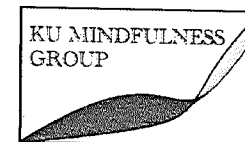
340 Fraser Hall
University of Kansas
Lawrence, KS 66045
(785)-864-4121



Mindfulness Skills Group

Learn how to harness the power of your attention

- Reduce stress
- Gain personal insight
- Enhance well-being



Recent research indicates that mindfulness practice can help with:

- **stress**
- **depression**
- **personality disorders**
- **anxiety**
- **post-traumatic stress**
- **unstable emotions**
- **and more**



What is mindfulness?

- Mindfulness is the ability to focus attention on the present moment. It is the opposite of mindlessness.

Why would I want to learn it?

- Mindfulness is used in many traditions to strengthen personal peace.

This is run by the psychology clinic, so do I need to have a psychological disorder to come to group?

- No. Group is designed for people who are dealing with mental illness *and* also anyone who is searching for inner calmness.

Why does it require “practice?”

- Being mindful is contrary to the expectations of our culture. It takes a great deal of effort to gain control of your attention. Like any important skill, it becomes easier through practice.

What will the group sessions be like?

- The sessions will be a mix of mindfulness practice and discussion. The goal of the group is to explore different kinds of mindfulness and to find what works best for you in your everyday life.

