Mindfulness Practice for Stress

Join the series to (mostly) practice, and also discuss mindfulness for stress.

With EAP Clinician Shiri Macri, MA, LCMHC

**Wednesdays, 12:15-12:45pm**

Online ([Webex link](https://dhvideo.webex.com/dhvideo/j.php?MTID=mee37089e2d992a4c8b5555a36ce45711))

Information, questions Webex link: dh.eap@hitchcock.org 603-650-5819

During this series we’ll:

* Practice mindfulness
	+ 2 practices with brief discussion in between
* Open discussion:
	+ Mindfulness Q&A
	+ Impacts on stress and/or burnout
	+ Demystify myths on how to practice
	+ Integrating short mindful moments
	+ Etc.



Suggestion**:** Step away from your desk and participate from a relaxing spot - near a sunny window, at the L5 Refresh space, or another peaceful place.

**About Shiri:** Shiri has over 15 years of training and experience in mindfulness, including participating in MBCT, MBSR, and MBSR Teacher Training. She has been practicing mindfulness on a regular/daily basis and attended several intensive meditation retreats, including with renowned mindfulness teacher/practitioner, Jon Kabat-Zinn