



**Oakland, Wayne, Macomb 2021 Mindful Mondays Lunch and Learns**  
**Mondays from 11:30am – 12:30 pm**  
**April 26 – Nov 29, 2021**

**Are you an essential worker who could use some essential stress reduction? Take a mental health lunch break and join our online Mindfulness for Better Living Lunch and Learns.**

Mindfulness can be defined as paying attention in a particular way, on purpose, in the present moment and nonjudgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions. Mindful Mondays Lunch and Learn series includes a suite of one-time workshops to help people learn ways to use mindfulness to manage everyday stress.

Ap 26, 2021 What is Anger?	Aug 16, 2021 Mindfulness for Parents and Caregivers
May 3, 2021 Calming Down	Aug 23, 2021 What is Anger
May 10, 2021 Six Principles of Problem Solving	Aug 30, 2021 Calming Down
May 17, 2021 Forgiving and Letting Go of the Past	Sept 13, 2021 Six Principles of Problem Solving
May 24, 2021 Maintaining Health During Challenging Times	Sept 20, 2021 Forgiving and Letting Go of the Past
June 7, 2021 RELAX Alternatives to Anger for Parents & Caregivers	Oct 4, 2021 Begin with a Breath
June 14, 2021 Caring for the Caregiver	Oct 11, 2021 Mindful Eating
June 21, 2021 Changing Negative Self-Talk	Oct 18, 2021 Mindful Walking
June 28, 2021 Mindful Eating	Oct 25, 2021 Be Kind to Your Mind
July 12, 2021 Teaching Kids Mindful Eating	Nov 1, 2021 Changing Negative Self-Talk
July 19, 2021 Begin with a Breath	Nov 8, 2021 Teaching Kids Mindful Eating
July 26, 2021 Mindful Walking	Nov 15, 2021 RELAX Alternatives to Anger for Parents & Caregivers
Aug 2, 2021 Be Kind to Your Mind	Nov 22, 2021 Mindfulness for Parents and Caregivers
Aug 9, 2021 Laughter is the Best Medicine	Nov 29, 2021 Caring for the Caregiver

**Facilitators:**

Lisa Tams, [tams@msu.edu](mailto:tams@msu.edu)  
 Oakland, Wayne Macomb Counties

Holly Tiret, [tiret@msu.edu](mailto:tiret@msu.edu)  
 Kent, Ottawa, Allegan, Barry Counties

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 Washtenaw, Lenawee, Livingston, Hillsdale, Monroe, Jackson

Register Online – Attend any or all

[https://msu.zoom.us/webinar/register/WN\\_kq0\\_UM8bRQ6xixCptg4mtg](https://msu.zoom.us/webinar/register/WN_kq0_UM8bRQ6xixCptg4mtg)