

AnaLyn Kozelsky

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### **Mindfulness Practices**

ISU WellBeing holds mindfulness sessions twice a week aimed at connections and experiencing guided mindlessness practice. You can still earn points by viewing a recording!

Join us for practices including breath awareness, body scans, loving kindness and more to support your work in the community and in yourself.

**Mid-Morning Mindfulness** is offered Tuesdays and Thursdays at 10:00-10:15 a.m. via Zoom.

**Mid-Day Mindfulness** is offered Wednesdays at 12:30-12:45 p.m. via Zoom.

**Earn points in Adventure2 by attending.**

Your colleagues have said there have been many benefits including time to “refocus” and a reminder “of the importance of personal peace, happiness, and contentment.”

Feelings of stress, anxiety, and business can get in the way of being mindful. Join us for intentional time to help you stay focused, productive, and feel a sense of calm.

**To register for the mindfulness sessions,** please email [wellbeing@iastate.edu](mailto:wellbeing@iastate.edu).