



Mindfulness Skills Training *Spring 2010*

Membership: For graduate students.

Focus: Mindfulness is a skill from the meditation tradition. With regular practice, one can become more aware of bodily sensations, feelings and thoughts, catch self-defeating mind states when they first begin and act from a place of centered awareness rather than from habitual, automatic reactions. This eight session group includes instruction, practice and exercises to do at home. Students will learn to practice mindfulness meditation and other stress reduction skills designed to:

- enhance concentration
- increase resilience to stress
- release negative thought patterns

For students interested in learning more about mindfulness, there will be a drop-in session before the course begins.

Frequency: 8 Fridays from February 26th – April 16th (there is an introductory drop-in session on February 12th)

Time: 9:30 am – 11:00 am

Location: McCosh Health Center, 3rd Floor

Contact: Call Counseling and Psychological Services at 258-3285 or email **Robin Boudette, Ph.D.** at boudette@princeton.edu

Please visit the Counseling and Psychological Services website at www.princeton.edu/uhs for updates regarding spring 2010 group offerings.