



Mindfulness Series

In this series, learn the basics of mindfulness and meditation and how this practice can help you feel calmer, more focused, and less caught up in the constant stream of thinking. Sessions include:

An Introduction to Mindfulness (11/05)

Learn what meditation and mindfulness are and how they can help you live more of your life in the present moment.

Responding vs. Reacting (11/12)

Learn how to pause to respond to events in a more thoughtful way, make less mistakes, and experience less conflict.

Beginner's Mind and Cultivating Curiosity (11/19)

Learn how to open your mind to new possibilities, creatively problem-solve, and see the positive in situations and people.

Gratitude, Self-Acceptance, and Kindness (11/26)

Learn about the brain's negativity bias and how increasing awareness can change the way your brain experiences the world.



**Every Tuesday in
November
12pm - 1pm ET**

**Click [HERE](#) or scan
below to register**



Participation in all 4 classes is encouraged but not required. You do not need to be a KP member to participate.

For more information, email KP-MA-WorkforceHealth@kp.org

