

"You cannot stop the waves, but you can learn to surf..." Jon Kabat-Zinn

NEW! For English Speakers
Mindfulness and Self-Care Training:
Coping and living well with stress and difficulties

02.11.-21.12.2022. 8x Wednesday 12-2p.m., Seminar room of the Studentenwerk Oberfranken located at Frankengutstr. 2-6b, within easy walking distance of the campus).

This training combines elements from the scientifically validated mindfulness trainings Mindfulness-based Stress Reduction (MBSR), Mindfulness-based Cognitive Therapy for Depression (MBCT) and Mindful Self-Compassion (MSC). It is now being offered in English for the first time to make this approach accessible to students and staff who have not been able to benefit from the German-language classes. The training relies on experiential learning and takes place in a small group in a friendly and safe atmosphere.

Mindfulness is an awareness that is grounded in the body and allows us to pay attention in a specific way: Intentionally, in the present moment, and non-judgmentally. Cultivating mindfulness

- reduces stress levels and makes us more resilient to stress
- heightens our capacity to feel joy and contentment
- increases our ability to focus
- supports our physical and emotional health

Mindfulness trainings are evidence-based, there is lots of research supporting this approach (<https://www.mindful.org/the-science-of-mindfulness/>)

In order to be effective, this intensive training requires regular practice at home. It comprises eight 2-hour meetings. **You will receive written material and audio recordings of all exercises to support your practice at home. Please contact the instructor to schedule an individual Zoom meeting** to find out more and to assess whether this is the right course for you. Co-payment students €80/staff €120-160. Nobody will be turned away for lack of funds.

Instructor: Antje Ricken, M.A., was certified by the Center for Mindfulness at the Massachusetts Medical Center, USA and has taught in the US and UK. Please contact her for more information and sign-up.



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