Do you know…

1. How much or what kinds of stress might we be bearing?
2. How can we manage “stress” and stay healthy?
3. What is “Mindfulness” and what would it be like to experience it?

Class offered in English only.

Location: Meeting Room No.3, located at the 4th Floor in the Administration Building
Instructor: Tomoko Ogasawara
SGU Counselor, Health Service Center

Stress Management & Mindfulness

Introduction to “Mindfulness”;
Cultivating awareness about stress and self-care

After the program, you will:

★ MANAGE your daily stress better.
★ PAY ATTENTION to your mind-body integration.
★ APPLY these skills and techniques for anxiety-provoking situations.

[How to apply]

Please send email to:
egasawarat29@staff.kanazawa-u.ac.jp
Subject line:
Stress Management & Mindfulness
Email Includes: Your Name, Student No., Contact Information (phone/email)

Reply tp: Ogasawara
E-mail: ogasawarat29@staff.kanazawa-u.ac.jp
Date: December 18 (Tues.) 2018
Time: 14:45 - 16:15

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金沢大学保健管理センター
Kanazawa University Health Service Center