

Date: December 18 (Tues.) 2018

Time: 14:45 - 16:15

**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

POLAR BEAR TAKES A BATH



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.

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 :

ogasawarat29@staff.kanazawa-u.ac.jp

Subject line:

Stress Management & Mindfulness

Email Includes: **Your Name, Student**

No., Contact Information (phone/
email)



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金沢大学保健管理センター

Kanazawa University Health Service Center

Reply to : Ogasawara

E-mail:

ogasawarat29@staff.kanazawa-u.ac.jp



学生支援プログラム