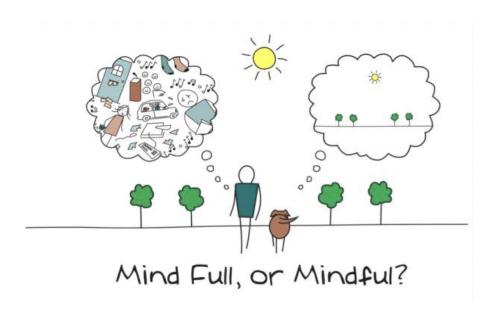
## Thames Valley Family Health Team: Introduction to Mindfulness



## **Outline of session:**

- Define stress
- Define mindfulness & how it can help manage stress
- Discuss the benefits of Mindfulness
- How to practice mindfulness
- Incorporating it into daily life
- Share mindfulness resources
- Satisfaction survey (see link in chat): https://www.surveymonkey.com/r/LN8Z27Y