

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>