



Thames Valley
Family Health Team

Thames Valley Family Health Team: Introduction to Mindfulness



This information is presented by Thames Valley Family Health Team health professionals and was developed based on the most up-to-date research.

We respect that everyone's journey is unique. Your health, history, and circumstances are all different.

If you have questions after attending one of our groups or viewing one of our videos, please reach out to a health professional.

If you do not have a nurse practitioner or family doctor, call 811 or visit <https://health811.ontario.ca/>.

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>