

October Program Event on Mindfulness

Wednesday, October 18, 2023, 1:30pm -3pm on ZOOM

Ruth Dusan, Program Vice President



San Jose (CA) Branch

To advance gender equity for women and girls through research, education, and advocacy.

JOIN US FOR A PRESENTATION ON:

MINDFULNESS AS A KEY TO STRESS MANAGEMENT presented by Kelly Weisberg, Certified Mindfulness Instructor. Here's what Kelly has to say.

Stress is everywhere in our modern lives. We are overwhelmed by work, family, relationships, and even the television news! Stress leads us to feel anxious and depressed. It contributes to sleeplessness and loss of appetite or overeating. While we can't control what happens around us, we can control how we respond to stress.

Mindfulness teaches us techniques for stress management. Mindfulness is the practice of focusing on moment-to-moment experience without self-criticism and with acceptance. Mindfulness helps us mobilize inner resources to meet the challenges of everyday life.

One way to learn mindfulness is through programs with a certified mindfulness instructor. I am a lawyer/sociologist who has taught law and human behavior classes for 40 years. Years of stress from teaching, writing, and family responsibilities led me to take stress management classes and later to teach them.

I am happy to offer these classes to the AAUW. I teach several different classes, including Cultivating Compassion Training (learning compassion for others); Mindful Self-Compassion (learning compassion for ourselves); Mindfulness-Based Stress Reduction, and Mindfulness-Based Eating Awareness Training (learning to cultivate a more balanced relationship to eating, weight, and food). These programs rest on scientific evidence that supports their beneficial effects on health and well-being.

Come to a presentation to learn more about these programs and what they can do for you!

When: Wednesday, October 18 at 1:30-3pm online. For further information, contact Kelly Weisberg at kelly_weisberg@yahoo.com or programs@aauwsanjose.org. The Zoom link is provided below:

<https://us06web.zoom.us/j/85445215161?pwd=emdoK1h1WUxOTjcrT0kwWWZkZFVsZz09>