Stress Management through Mindfulness

*Feeling overwhelmed or stressed out?*

**Benefits of Mindfulness Practice include:**

- Stress Reduction
- Less Emotional Reactivity
- An Increase in Working Memory
- Increased Relationship Satisfaction
- Health Benefits including Increased Immune Function
- Increased Cognitive Flexibility

**Current Programs:** Open and free of charge to all UH Hilo and Hawai‘i CC students.

**Quiet Space:** Monday-Friday, 7:45-4:30pm, Location: Student Services Center (SSC) E-203

The Counseling Services waiting area is available as a place to rest, relax and rejuvenate. Come enjoy Relaxation Station activities, sit and listen to a mindfulness meditation, have a Zen moment with our sand tray, or just sit and breathe while you look out the window. (Students only)

**Relaxation Station:** Wednesdays, 10:00-1:30pm, Location: Campus Center 301

Dates: 1/20, 2/17, 3/16, 4/6, 4/27

Feeling overwhelmed or just plain stressed out? Come let go of your stress at Relaxation Station with some fun and relaxing activities. Mandalas, sand play, vision board collage, and play-doh are just some of the relaxing activities. (Students only)

**Bi-weekly Drop-in Stress Management Sessions:**

- **Mindful Movement and Meditation:** Wednesdays, 12:20-12:55pm Location: SSC, E-203

  Mindful movement is simple, deep movement exercises based in yoga, and is a wonderful way to connect your mind and body through mindfulness. Join us to reduce stress and tension, and experience a renewed feeling of well-being. Exercises are suitable for all. (Students, staff and faculty welcome)

- **Mindful Meditation:** Thursdays, 12:20-12:50pm Location: SSC, E-203

  Weekly drop-in mindfulness meditation sessions. No prior experience necessary. Experience a variety of mindfulness meditations over the semester. (Students, staff and faculty welcome)

For More Information: Call 932-7465

Sponsored by UH Hilo Counseling Services, Student Health and Wellness Programs
For questions about disability access, or for more information, please call UH Hilo Counseling Services, 932-7465 or email: king33@hawaii.edu or elow@hawaii.edu