



# “BE CALM” SELF-CARE COURSE

Are you curious how mindfulness might help you when you are feeling overwhelmed? The practice of mindfulness can help teach us to pause and notice what is happening in the moment. Through these practices, we can nurture the experience of well-being while managing stressors that naturally arise throughout life. This course is interactive, taking you through a handful of different mindful exercises to consider.

Additionally, we'll weave into our discussions topics such as:

- Burnout
- Time Management
- Expectations of Self & Others
- Boundaries & Communication
- Meditation
- Journaling

**Two day and time options to join!**

**Tuesdays February 18 - March 25, 2025 8-8:30am CST**

**Thursdays February 20 - March 27, 2025 12:00-12:30pm CST**

**Registration: Register [here](#) by Friday, February 14 at 4pm CST**

**Presenter: Health & Wellness Coach Angie Jenkins**