



# Mindfulness Resources

## **What is mindfulness?**

Mindfulness is a universal human capacity to utilize our full attention in the present moment by adopting an attitude of curiosity, openness and receptivity.

## **How can mindfulness benefit you?**

Mindfulness includes supporting health and well-being, facilitating coping, reducing burnout and enhancing communication.

## **Mindfulness sessions for colleagues**

LVHN Center for Mindfulness offers a variety of ways to learn to meditate and has programs for both colleagues and community members. As colleagues, you have access to in-person and virtual mindfulness sessions at a deep discounted rate. Program scholarships and continuing education credits are available.

**Note to colleagues:** You can earn 20 My Total Health points by completing the Mindfulness-Based Stress Reduction program and 10 My Total Health points by completing any one-hour mindfulness session.

For more information and to register for mindfulness sessions, scan the code or visit [LVHN.org/mindfulness](https://LVHN.org/mindfulness)

