

Live & Work *Mindfully*

A New Workshop for Teams at Johns Hopkins Medicine



Live & Work Mindfully is a series of 30-minute sessions conducted over four weeks. It is designed **for teams in the workplace** to learn how **mindfulness can help decrease the effects of stress and allow for greater ease at work and at home.**

What some team members have shared about this workshop:

“I absolutely loved the way I felt at the end of the sessions.”

“I liked attending with my work team and being able to discuss the session benefits with them at our daily huddles.”

“Your ideas are simple and easy to put into every day action.”

Highlights:

- The benefits that mindfulness can offer you and your team.
- Practical guidance for incorporating regular mindfulness practice into the workday and outside of work.
- How to train your attention and observe thought and behavior patterns to shift from unhelpful patterns to living with more ease, efficiency and less stress.

Time Commitment

Each workshop session is 30 minutes. Participants are encouraged to do 10 minutes of practice daily in between sessions.

How to Sign Up

Sessions will be scheduled for the day and time that works best for each team. Discuss the time that works best for your team, then contact Jennifer Salaverri, LCSW-C from Healthy at Hopkins, the Office of Well-Being at jsalave3@jhmi.edu to schedule the sessions.