

Living S.M.A.R.T.

Stress Management Awareness Resilience Training *Essentials for Everyday Life*

Living S.M.A.R.T. provides opportunities for you to connect with your own inner wisdom, and to build your capacity to take charge of your own self-care and well-being so you can more easily support the important people in your life.

Living S.M.A.R.T. is a 6-session, 9-hour practical, program designed to train participants to better manage stress and to cultivate emotional balance. It includes practices to help you reconnect to your own inner strength and capacity for resilience. The program is highly participatory, engaging and interactive.

Living S.M.A.R.T. integrates the teachings, practices and research from:

- Mindfulness-Based Stress Reduction,
- Mindful Self-Compassion,
- Mindfulness-Based Emotional Balance,
- Mindful Movement,
- Positive Psychology

This program is based on the principles of MBSR (Mindfulness-Based Stress Reduction) an evidence-based program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979 and taught to many tens of thousands of people since that time.

Each small group session consists of experiential practices and group discussions in mindfulness. Weekly home practice is also part of the course. The course is highly participatory, engaging and interactive.

Living S.M.A.R.T. is a secular, non-clinical program, delivered by accredited facilitators.

*The program can be delivered LIVE in Ontario and ONLINE.
(Note: this course is live streamed in real time. The sessions will not be available at other times; accommodations will be made for missed sessions.)*



In Living S.M.A.R.T. you will learn:

- *about mindfulness and its benefits*
- *how to build mindfulness practices into activities you already do every day*
- *mindfulness skills to improve family and other relationships*
- *how to befriend your emotions so you can be more responsive rather than reactive in challenging moments.*
- *how to befriend your thoughts to cultivate a healthier mind space.*
- *how to develop your own personal mindfulness and self-compassion practices to support all that you have learned.*

Research

Scientific studies show that mindfulness training develops one's concentration, attention, executive function, (planning, decision making, and impulse control), emotional balance, pro-social behavior, compassionate action and promotes mental well-being.

For More Information, contact

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Practice Mindfulness
Everyday®

