



Mindful Wellness FCS Conference October 25-26, 2017

MINDFULNESS RESOURCES:

- Follow the Live Smart Ohio Mind and Body Blog
<http://livesmartohio.osu.edu/category/mind-and-body/> (Mind and Body is not exclusive to Mindfulness but often includes mindful topics)
- Read the OSU Extension Fact Sheets related to mindfulness such as:
 - Introduction to Mindfulness <http://ohioline.osu.edu/factsheet/hyg-5243-0>
 - Stress Coping Methods <http://ohioline.osu.edu/factsheet/hyg-5242>
 - Eating Healthy During Stressful Times <http://ohioline.osu.edu/factsheet/hyg-5244>
 - Helping Children Through Stressful Times <http://ohioline.osu.edu/factsheet/flm-fs-8-99-r07>
- Read Mindfulness: Learning to live in the moment. (2013 October). Special Report, Supplement to Mayo Clinic Health Letter. Retrieved from <http://healthletter.mayoclinic.com/health/pdf/283/201310.PDF>
- Use free online resources and downloads from OSU as well as other universities such as:
 - OSU Wexner Medical Center Mindfulness Practices <https://wexnermedical.osu.edu/integrative-complementary-medicine/mindfulness-practices>
 - (similar to above but on OSU Employee website)
<https://osuhealthplan.com/members/ohio-state-employee-assistance-program-eap/osu-eap-tools>
- Sign up for an online course like the Mind-Body Skills Training for Resilience, Effectiveness, and Mindfulness (STREAM) through the OSU College of Medicine <https://mind-bodyhealth.osu.edu> (this is a free resource for OSU employees)

What is Mindfulness?

Paying attention in a particular way, on purpose in the present moment without judgement.

~ Jon Kabat-Zinn

Meet the Mindful Wellness Team:

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Coming in Spring of 2018: Mindful Wellness, a new Healthy Relationships Curriculum



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