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# Mindfulness Corner

Starts April 15

Meeting on Fridays

From 10:00am–10:30am



## Learn and practice how your brain and body heal from Mindfulness

- ⇒ Less activation in the fear center of the brain (amygdala)
- ⇒ Increased activation of the thinking center (prefrontal cortex)
- ⇒ Increased activation of the self-regulation center (cingulate)
- ⇒ Deep Breathing for 45 seconds can provide a “hug” to your organs
- ⇒ Become mindful and accepting of your emotions and thoughts

Via Zoom

Meeting ID:

857 5973 8627

Passcode: 518069



**STEPS**

**TO END  
DOMESTIC  
VIOLENCE**