

Meditation and Mindfulness for Uncertain Times



Mindfulness and meditation help you be aware of what's going on in your mind, and in the world, without getting carried away. This helps reduce stress, improve focus and increase overall wellbeing. The skills learned in this group can be helpful at any time, but especially in the midst of the pandemic. We can't necessarily change what's happening, but we can learn to respond with awareness, balance and compassion. Over the course of eight weeks we will learn and practice different ways to meditate. Anyone seeking a more positive, centered daily life is welcome. No prior experience with meditation required.

For questions about or to express interest in this group, use the [group interest form](#) [1].

Fridays 2:30 ? 4:00 pm

[Mindfulness Groups](#) [2]

Open in Summer

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Links

[1] <https://caps.unc.edu/services/group-therapy/how-join-group>

[2] <https://caps.unc.edu/group-therapy-types/mindfulness-groups>