

SOWK 123: EVERYDAY MINDFULNESS

The practice of Mindfulness is a mind-body based approach that helps people to manage their thoughts, feelings, and mental health. It is widely used in a range of contexts to assist in creating a greater sense of well-being. Each of us has experienced moments of Mindfulness; when we take in a beautiful sunset or notice the fresh air when we step outside, we are practicing mindfulness. We are mindful when we are so focused in work or play that we don't think about past or future, just what we are doing in that very moment. Mindfulness is not a "cure-all" for all of life problems, but research indicates that mindfulness training can have a significant therapeutic effect for those experiencing stress, anxiety, high blood pressure, depression, chronic pain, migraines, heart conditions, diabetes and other ailments. At the very least, it allows us to live in our lives more deeply.

This course will provide an opportunity for experiential learning of Mindfulness practices and offer meaningful tools to incorporate Mindfulness into daily life.

Credits: 1

Department: [Social Work](#)