

UNIVERSITY COUNSELING CENTER
Skills Workshops & Mindfulness Programs

A MINDFUL APPROACH TO WORK / LIFE BALANCE



This 4-session workshop for U faculty, staff, & graduate students is designed to introduce participants to mindful strategies for balancing work-life stress. Come learn effective coping tools for navigating the responsibilities of different life roles as well as techniques for managing stress and anxiety by zoom (information provided after registration). Please, see below a summary of the content of the workshop.

WEDNESDAY | 1 PM - 2 PM | Feb. 1 - 22 & Mar. 22 - Apr. 12

FREE FOR THE U STUDENTS, FACULTY, AND STAFF



Mindful Life-Work Balance Workshop Overview & Content

Workshop Description: Mindful Life-Work Balance is a four-week workshop offered on zoom, in series of 4 modules. Participants will learn how to cultivate a mindful approach to their balancing of multiple roles in alignment with their values, and strategies to sustain a satisfactory life-work integration. The workshop includes psycho-educational information, group discussion, and experiential exercises. A summary of the discussed topics is provided below:

Module 1: Introduction to Mindfulness

- Mindfulness: the “what” and the “how” skills
- Introductions to connections between mindfulness and life-work balance
- Mindful communication in our different roles – Deep Listening

Module 2: Navigating Multiple Life Roles

- Review of home practice
- Discussion: self-assessment of mindfulness strengths and growth areas
- Life Roles Exercise: reflections on how we navigate roles, and their impact on our energy

Module 3: Values and Congruent Living

- Discussion about home practice
- Reflection on personal life values
- Life Journey Exercise: how do we live in alignment with our values?

Module 4: Strategies for Life-Work Balance

- Life-Work Balance: debunking myths and other metaphors
- Hall’s Coping Strategies
- Unhelpful thinking patterns, non-judgment

