



## **MINDFUL STRESS MANAGEMENT**

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### **OVERVIEW**

Life can be challenging, difficult and stressful. The practice of mindfulness has emerged as an incredibly effective and scientifically supported means of better managing the stress of being human. We cannot eliminate the vast majority of the things that we find stressful or challenging, but we can change our relationship to them.

Mindfulness can help us better recognize what we can and cannot change and help us learn to roll with life's punches. You cannot control the waves, but you can learn to surf.

### **OBJECTIVES**

- Understand the impact that stress has on our lives and bodies.
- Learn how being more mindful can help us change our relationship to the stress in our lives.
- Leave participants with a general understanding of basic mindfulness meditation practice and how it benefits our ability to manage stress.

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