

“LOVE YOURSELF”

is a mindfulness-based relaxation program for university employees supporting their stress reduction and self-appreciation in order to reinforce individual resiliency and pursue happiness.



The aim of this product: dealing with a real health-related issue among the university staff, implementing an evidence-based health-promoting program at the work environment, and enhancing employee wellness.

Target audience: Kristine Mahoney and nine staff members directly working with her at the College of Human Ecology, Cornell University.

(Theoretically, it could be expanded to the other people working in the university, such as faculty and staff.)

LOVE YOURSELF

Invitation



LOVE YOURSELF Invitation

YOU ARE INVITED TO JOIN



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- ✂ **WHEN?** **EVERY TUESDAY AT 5:00 – 6:00 PM** (FOR 10 WEEKS)
- ✂ **WHERE?** **AT YOUR WORKPLACE!** *Space for the group physical activity will be announced later.
- ✂ **HOW?**
1. Confirm your participation by sending an email to Jina Lee (jl3923@cornell.edu) no later than August 10th.
 2. Enjoy the **LOVE YOURSELF GIFT BOX** in your daily life before the beginning of the program in September.
 3. Join the program described below!

1	Sep 1	Introduction to Mindfulness and Health	6	Oct 6	Mindfulness Physical Activity II – Yoga
2	Sep 8	Mindfulness Stress Management I – Practices for distressing emotions	7	Oct 20	Relaxation Therapy II – Music
3	Sep 15	Mindfulness Physical Activity I – Strength training	8	Oct 27	Mindfulness Stress Management III – Interpersonal relationships
4	Sep 22	Relaxation Therapy I – Meditation & Deep breathing	9	Nov 3	Mindfulness Physical Activity III – Dance-based Aerobics
5	Sep 29	Mindfulness Stress Management II – Stress reaction vs. Stress response	10	Nov 10	Relaxation Therapy III – Meditation & Deep breathing

Self-appreciation is a beginning of self-nourishment as well as a philanthropic contribution for the others.
Taking care of yourself to achieve outstanding work performance in addition to personal satisfaction!

LOVE YOURSELF
Gift Box



LOVE YOURSELF Gift Box



References

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