

Meditation Mondays

Why: Meditation has been found to **decrease** stress, anxiety, and depression, and **improve** mindfulness, mood, self-efficacy, and empathy*

Who: All are welcome

Where: Room 222

When: 12:15 – 12:45 (starting 1/14/19)

More information: ddisney@uic.edu



Room 222 is reserved from 12:00 – 1:00 for meditation every weekday for the spring semester (except 2/26 and 2/27), and Deb Disney will guide the meditation on Mondays.

* McConville, J., McAleer, R., & Hahne, A. (2017). Mindfulness training for health profession students – the effect of mindfulness training on psychological well-being, learning, and clinical performance of health professional students: A systematic review of randomized and non-randomized controlled trials. *Explore*, 13(1), 26-45. Retrieved from <https://www.sciencedirect.com/science/article/pii/S1550830716301616>