

MINDFULNESS FOR ANXIETY, WORRY, DEPRESSION AND PAIN

4-WEEK PROGRAM



The Mindful Center

Want to learn how to ease anxiety, worry, depression and Pain?

- How to use mindfulness to stop your brain from working against you and spiraling into panic mode by turning it into an ally.
- The two natural tendencies that will steal your mental peace and how to calibrate your approach to them, so you can feel stable and solid as you navigate the storms of life.
- How to identify thoughts and feelings that cause tension in the body and what to do with them in order to relax both body and mind.
- The three most powerful paths of meditative practice that are specifically designed to reduce your daily suffering and help you immediately feel better.
- Training on how to use meditation for anxiety, depression and pain.



[Click Here to register.](http://tinyurl.com/6bvjx9nz)



Available on your smart phone, tablet or PC

<http://tinyurl.com/6bvjx9nz>

Mindfulness for Anxiety Worry Depression and Pain is available to all State of NM employees and family members.



HEALTH CARE
AUTHORITY

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way