



A Mindful Approach to Sleep

Want to learn how to practice mindfulness for better sleep?

This online 4-week online course leverages the most current scientific research into what humans need to do, feel, and hear in order to sleep. Every human being has at some point found themselves lying awake, worrying about something that might happen tomorrow or that's already happened today. But when those struggles to fall — and stay — asleep wind up leaving you exhausted and in a thick mental fog, it's time to make a change. This program will provide you with tools and practices for how to handle times when you simply can't fall asleep due to intense physical or life circumstances, so that you end the night feeling rested. You will receive weekly video training modules, targeted meditations, and a printable workbook full of actionable tips, strategies, and readings.

REGISTER

<https://tinyurl.com/ynz365vx>

A Mindful Approach to Sleep is available to all State of NM employees and family members



Available on your smart phone, tablet, or desktop.

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.