

Mindfulness Sessions

Mindfulness to reduce your stress

Tuesday, May 9, 2023 @ 3:00–3:15 PM ET (12:00–12:15 PM PT)

Mindfulness helps us relax, reducing our overall stress. It also lowers blood pressure and chronic pain, improves sleep, and strengthens our immune system.

[Join us](#) for a guided mindfulness session led by an experienced Spring Health clinician. We'll begin by reviewing basic mindfulness best-practices and then participate in a group mindfulness exercise.

Mindfulness to improve your mood

Monday, May 15, 2023 @ 2:00–2:15 PM ET (11:00–11:15 AM PT)

The practice of mindfulness can help reduce negative feelings and symptoms of depression and anxiety. Some research suggests that it may even be as effective as antidepressant medications for some people.

Mental Health Awareness Month is the perfect time to try mindfulness. Take a break from your stress and [join us](#) for a guided mindfulness session led by a Spring Health clinician. We'll talk about the benefits and best-practices of being mindful, and then participate in a guided meditation that's focused on improving your mood.

Mindfulness to improve your sleeping

Monday, May 22, 2023 @ 4:00–4:15 PM ET (1:00–1:15 PM PT)

You may have trouble sleeping because you're stressed, worried about something, or have racing thoughts. Mindfulness can improve your sleep by helping with these things. It's the practice of focusing on one thing, like your breathing, so that your mind is engaged with the present and not fixating on the past or worrying about the future.

[Join us](#) for a mindfulness session, led by an experienced Spring Health clinician, designed to help you relax and improve your sleep.

Mindfulness for better concentration

Wednesday, May 31, 2023 @ 1:00–1:15 PM ET (10:00–10:15 AM PT)

Trouble concentrating? Not feeling productive? Mindfulness can help you break unhealthy thought patterns by keeping your attention on the present. It's a muscle that needs training, and practicing mindfulness strengthens your ability to stay focused for longer periods of time.

[Join us](#) for a mindfulness session led by a Spring Health clinician, who will go over the basics of mindfulness and how you can practice on your own. Then, she'll guide you through a mindfulness exercise.