



# Mindful USC

Department and School Training



Mindful USC provides mindfulness training for departments and schools at USC.

Mindfulness has been scientifically shown to reduce anxiety and stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of well-being.

## 30-60 Minute Presentations

We are available to provide a 30-60 minute presentation on mindfulness which gives participants a broad overview of mindfulness, how it works, and the various aspects of a mindfulness practice. Short experiences of meditation are provided so that participants can understand some aspects of the practice. This presentation does not typically result in participants becoming more mindful since mindfulness is a skill that must be cultivated and practiced over time before seeing the benefits.

## 5 Week Mindfulness Class

Our classes for departments and schools consists of the following:

**Format:** 5 week, 1 hour class per week, typically at noon or another time when people are available.

**Participants:** We require a minimum of 15 participants who commit to the 5 week class.

**Class Location:** The location is the responsibility of the department or school. Most any room will work.

### What is Taught

**Week 1:** What is mindfulness, how it works and mindfulness of the breath

**Week 3:** Mindfulness of emotions  
**Week 4:** Mindfulness of thinking

**Week 2:** Mindfulness of the body

**Week 5:** Friendly kindness meditation

**What Makes a Training Class Successful:** The commitment of the participants to attend each class and practice every day during the 5 week training. Practice includes meditation, supported by guided audio meditations.