

# STRESS LESS with MINDFULNESS and SPIRITUALITY

**The recent changes in our lifestyles and the many uncertainties have caused stress for us. Learn more about our reactions to stress, how to train your mindfulness muscles and incorporate spirituality into your daily lives. In this 5-week course, we will discuss the effects of chronic stress and learn different techniques for managing daily stressors.**

**Sessions will be held on Tuesdays via  
Zoom: 12 noon—1:00 pm**  
<https://umd.zoom.us/j/609504068>

*or*

**6:00 –7:00 pm**  
<https://umd.zoom.us/j/967711766>

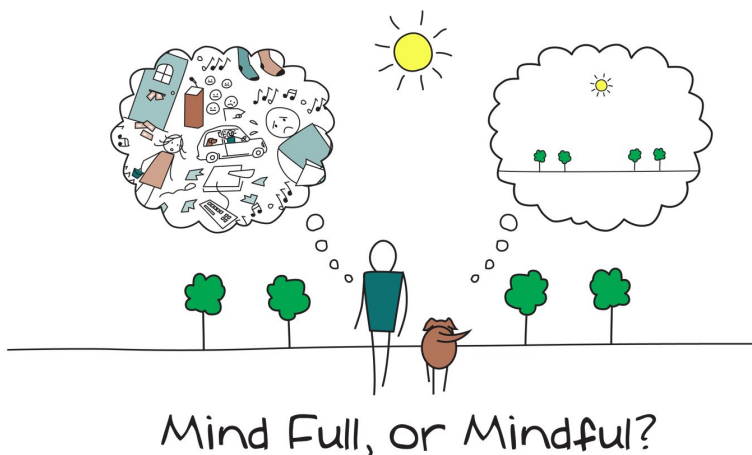
**April 7**

**April 14**

**April 21**

**April 28**

**May 5**



**Online sessions will be led by:  
Lisa McCoy, FCS Educator  
University of Maryland  
Extension.**

**If you have any questions,  
need assistance with sessions  
would like to join by phone:  
please contact Lisa at  
[lmccoy@umd.edu](mailto:lmccoy@umd.edu)**