



Mindfulness

Loving-kindness

Compassion

# Mindfulness Attention Training

*This group will teach mindfulness-based strategies to manage stress, hone attentional abilities, and support overall well-being. Topics will include mindfulness and compassion, loving-kindness, and behavioral strategies to interrupt autopilot and cultivate present-focused, nonjudgmental awareness. We will discuss and practice specific strategies in session each week, which participants can then practice on their own with audio files and incorporate into their daily lives. This group is designed to introduce participants to a wide range of mindfulness-based practices, informal and formal, to allow them to build and tailor their personal practice.*

BRIGHAM AND  
WOMEN'S HOSPITAL

*Groups conducted  
virtually via Zoom*

6 sessions:  
1-2pm on Wednesdays

Please call 617-525-9108  
for more information

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