

# Discovering Mindfulness



## Your Health & Wellbeing Seminar

with Mental Health Promotion Officer **Fergus Maher**


Happy World Teachers Day! Spectrum.Life are celebrating World Teachers Day on 5th October in partnership with the Department of Education with a series of seminars to show appreciation for our teachers and all they do.

The seminars below have been selected for the teachers to support them through some of their greatest challenges and to give them the tools to deal with them.

If you're one of those people who is always busy inside of school and out, you might identify with your mind always going at 100 miles an hour! Today on World Teacher Day might just be an opportunity for you to try out Mindfulness!

Mindfulness gives our minds the ability to breathe and focus on what we are doing right now, and in turn tackle life's daily stress. This seminar will explain what mindfulness is, give tips on how to become more mindful, what it can do for you, and how to identify if it could be useful for you in your busy role as a teacher.

 **11:00**

 **05/10/2023**

 **Join [HERE](#)**

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