

MINDFUL MONDAYS AT MORGAN STANLEY

*Join our virtual sessions on Zoom
from 9 - 9:30 am*

October 18th, 2021 - Mindfulness 101

Mindfulness helps reduce stress, enhance performance, and improve overall well-being. This introduction to secular mindfulness meditation practice is foundational for mindfulness training at work. In this session, you will learn the basics of mindfulness meditation and how to develop mindful awareness; the key to staying present and focused.

October 25th, 2021 - Mindful Chair Yoga

According to a study by the University of Pennsylvania, chair yoga can help relieve the tension and stress that come with sitting at a desk all day. Using your chair for seated poses or balancing poses, you can take advantage of the many benefits gentle yoga provides, such as increased circulation and flexibility and decreases in stress and anxiety. Chair yoga also allows participants to stay in their normal work clothes, making it an accessible practice to engage in the office or between zoom meetings from the home office.

November 1st, 2021 - Mindful Compassion for Stress Reduction

Research shows that cortisol, the stress hormone, can wreak havoc on your body, leading to foggy thinking, fatigue, pessimism, and weight gain. Fortunately, science also points to an antidote: practicing mindful compassion. Mindful compassion is essential to fostering positive emotional health and reducing stress. This session will look at two techniques you can use to immediately improve your own sense of well-being, in the moment you need it most.

November 8th 2021 - Mindfulness for Productivity

On average, employees who work on computers are distracted every 11 minutes and many workers have found increasing distractions when working from home. Learn how to use mindfulness to find focus and make the most of your work day.

Jess Okanya Patel holds a Master's degree in Mindfulness Studies and is also qualified to teach the prestigious MBSR course (Mindfulness-Based Stress Reduction), the most widely researched and respected mindfulness program in the world. It's her mission to help companies prioritize the mental health of their employees. In our fast-paced society, work often exacerbates stress and mental health issues. Jess has a unique skillset to facilitate transformative mental wellness solutions. Jess has over a decade of experience helping individuals navigate the stresses of life. She brings a warm, inviting and personal approach to her teaching.

