



Heidi Schmitt graduated with her Masters in Social Work from the University of Iowa in 2012. Currently, Heidi is a staff therapist at University Counseling Service and the co-coordinator of the Collegiate Recovery Program at the University of Iowa.

SCHEDULE

Date: April 5, 2021
Time: 12:00 – 1:00 pm CST

Join Zoom Meeting
<https://uiowa.zoom.us/j/99641719547?pwd=T091YS9wQWVUNjUzQ3VQQ05hZWZFNzZ09>

ACCOMMODATIONS

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Dr. Michelle McQuistan in advance at 319-335-7524.

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IOWA

College of Dentistry
and Dental Clinics

HEIDI SCHMITT

MINDFULNESS PRACTICE IN DAILY LIFE

Compassion, Empathy, and Stress Management

Description: Mindfulness is purposefully paying attention, non-judgmentally to the present moment. The practice of mindfulness can lead to an increased sense of balance, stress management and overall well-being in your life. This presentation will focus on the practice of mindful compassion for yourself and others. Specifically, exploring how mindful compassion can impact stress management, empathy, and relationships.

Objectives:

1. Describe how the practice of mindfulness connects with compassion, stress management and empathy.
2. Practice mindfulness exercises focused on mindful compassion for self and others.
3. Discuss the development of a daily mindfulness practice and the impacts of this on communication, overall well-being, and empathy.



<https://counseling.uiowa.edu/>

1 hr. CE credit is available for students only.

Sponsored by the International Affairs and Programs Committee, and the Office for Diversity, Equity, and Inclusion.