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=T091YS9wQWVUNJUzQ3VQQ05h0WFNz09

**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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**MINFULNESS 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.