The class will introduce you to a variety of techniques by which the stress endemic in a fast-paced competitive culture can be both reduced and worked with constructively. You will practice and apply experiential techniques of stress reduction through “mindfulness” – the steady, intentional gathering of a non-judgmental awareness into the present moment in various activities – and examine medical-scientific literature on physiological and psychological elements in the stress response.

Visit [z.umn.edu/CSPH3201](http://z.umn.edu/CSPH3201) for more information.