



## Be Mindful with Balanced You

Mindfulness is a practice that can help you quiet your mind, find focus, and reduce some of the stress many of us experience. Balanced You has classes available for all employees that will teach techniques such as mindful movement, mindful relationships, and more. All classes are held live on Zoom.

### Spring 2024 schedule

Mindfulness Class	Date	Time
Meeting the Inner Critic with Mindfulness	Apr. 9	10 a.m. to noon
Mindful Relationships 1: How Do You Relate?	Apr. 17	noon to 2 p.m.
Mindful Self-Compassion at Work	Apr. 23	11 a.m. to 1 p.m.
Mindful Relationships 2: Growing Healthier Relationships	Apr. 29	2 to 4 p.m.
Taking the Burn out of Burnout with Mindfulness	May 6	3 to 5 p.m.
Mindfulness – Emotional Resilience 1: Getting to Know Your Emotions	May 15	9 to 11 a.m.
Cultivating Happiness and Joy	May 23	11 a.m. to 1 p.m.
Mindfulness – Emotional Resilience 2: Working with Difficult Emotions	May 29	9 to 11 a.m.

Register by scanning the QR code below



We look forward to seeing you there! If you have questions, please contact [BalancedYou@kingcounty.gov](mailto:BalancedYou@kingcounty.gov).