



## SMART (Stress Management and Resiliency Techniques) mindfulness training program

The smartUBC program trains participants to:

- Manage stress through a greater understanding and control of emotions
- Employ self-care techniques to cultivate personal and professional resilience.
- Create effective strategies for relating to challenging situations
- Enhance concentration and executive function (planning, decision-making, and impulse control)
- Revitalize purpose, personally and professionally
- Improve personal overall mental and physical health
- Promote happiness through healthy habits of the mind.

**Mindfulness is emerging as,  
“the essential life-skill of  
the 21st century.”**

*-Harvard University*

**Daily Mindfulness Drop-In Sessions  
Monday through Friday  
12:15 – 12:45 in UNC 328**

**No experience is necessary...  
Everyone Welcome**



[smartubc.ca](http://smartubc.ca)

