



Reimagine Mindfulness



October 1 - 22, 2025

Register for one or more of the Reimagine Mindfulness events in person or virtually

New Experience with the UVM community: Visit [Go.uvm.edu/employeeewellness](https://go.uvm.edu/employeeewellness)

- Creative Mindfulness School – virtual experience 10/1 & 10/8 at 8:30am-9am
- Rooftop Garden Tour – in person 10/1 at 11am-12pm
- Mindful Doodling – in person 10/2 at 12pm-1:30 pm
- Forest Bathing – in person 10/3 at 12pm-1pm
- Community Singing – in person 10/7 at 11am-11:45 am
- Herbal & Medicine Garden Tour – in person 10/8 at 1:15pm-2pm

New Experience in Privacy:

- Mindful Mondays with the EDGE – Virtual experience on zoom 12-12:30
- Live and past online experiences and webinars with Blue Cross Virtual Well-Being
- Use your uvm.edu account to register for a 4-year free membership to DownDog Meditations
- SoundCoud meditations created by UVM
- Put all the technology away and breath

New Experience in Nature:

- Awe Walk – actively look for things that inspire a sense of wonder!
- Tree Connection – lean against a tree and feel the connections with the earth.
- Sensory – Engage Sight, Sound, Smell, Touch, Taste (can be air – is fresh, humid, or crisp?)

New Experience in your daily life:

Incorporate a mindful mindset into your daily life activities. Let the distractions go!

- Mindful Brushing: Pay attention to the act of brushing your teeth. Notice the taste of the toothpaste, the feel of the brush against your gums, and the sound it makes.
- Try this technique with Mindful Eating, Mindful Commuting, Mindful Walking, Single-Tasking, Mindful Movement and more!



Reimagine Mindfulness: Why It Matters

Did you experience mindfulness in a new way today?

Mindfulness is a practice of moment-to-moment awareness of your thoughts, feelings, body, and surrounding environment. Establishing a practice is an imperfect journey creating and linking healthy habits that work in your life. A mindfulness practice can be experienced in unlimited ways and is most beneficial when it is relevant, personal, and achievable! Meditation is one way, others include dance, nature, music, cooking, laughing, singing, art, gardening, journaling, and so much more.

Reimagine Mindfulness and experience the impact on your health and wellbeing in both immediate and long-term measures. Mindfulness practices can reduce stress, improve mental health, enhance focus and productivity, lead to greater emotional regulation, and increase self-awareness. Physical health is improved with lower blood pressure, improved sleep quality, supported pain management, and boosted immune system. There is no minimum time commitment to experience mindfulness, consistency is more important than duration! Explore mindfulness in new ways each day! **Find what you enjoy!**