

# PSYC 049: Introduction to Mindfulness

New-This course provides an introduction to mindfulness practices, emphasizing the cultivation of awareness, presence, and emotional well-being. Students will explore the history and scientific research around mindfulness. The techniques they learn will help them to reduce the impacts of stress, enhance their overall mental clarity, build stronger relationships and advocate for the wellness of themselves and the community.

**Credits:** 1

**Program:**

## Psychology

### COURSE DESCRIPTIONS

**Essential Learning Outcomes:** ELO #7: Comprehensive Wellness Practices