Mindfulness: Release the Stress

Going a mile a minute, our multi-tasking minds analyze, schedule, and compute. They also get tied up in worry, blame, and other stressful emotions. What would happen if you stopped it all for a moment? Join us to explore the practice of mindfulness.

Discover how it can help you release stress, build resilience, and boost your well-being.

*The session will kick off with lunch followed by Dr. Rodriguez’s program at 12:15 pm.*

Email HRTOD@shu.edu to register for the below session:

**Date:** Tuesday, 4/4/16  
**Time:** 12:15 pm – 1:15 pm  
**Location:** University Center, Faculty Lounge, Room 210

Dr. Rodriguez is a New York State licensed clinical psychologist and nationally certified rehabilitation counselor. Dr. Rodriguez received his Ph.D. in clinical psychology from The City University of New York and his Master’s degree in forensic psychology from John Jay College of Criminal Justice. He was the recipient of the prestigious Kenneth B. Clark Award for research impacting social justice in 2005. He is currently the Assistant Dean and program director of the Master’s programs in Psychology and Mental Health Counseling at Adelphi University where he oversees two graduate programs, including human resource management. In addition, he maintains a private practice with offices in White Plains and New York City.

**Presented by Cigna Employee Assistance Program**