



***Kathy Mayer, MSE, LPC***

Kathy has 15 years experience working with families, children, adolescents and adults in a variety of settings, including: in-home, crisis center, group home and outpatient. Kathy specializes in the areas of abuse, grief/loss issues, relationship issues, self-esteem and personal growth, anxiety and stress, depression, parent/child issues and divorce/blended family issues. Kathy is trained in EMDR (eye movement desensitization and reprocessing). She strives to provide an atmosphere that cultivates a trusting and supportive relationship with individuals and promotes healing and well-being, along with enhancing personal growth and development through mind, body and spirit.

## About AFCS

American Foundation of Counseling Services (AFCS) was established in 1965 by George Kress and Norman Vincent Peale with the original goal of providing training and counseling education to clergy and congregations in northeast Wisconsin. Today, AFCS provides:

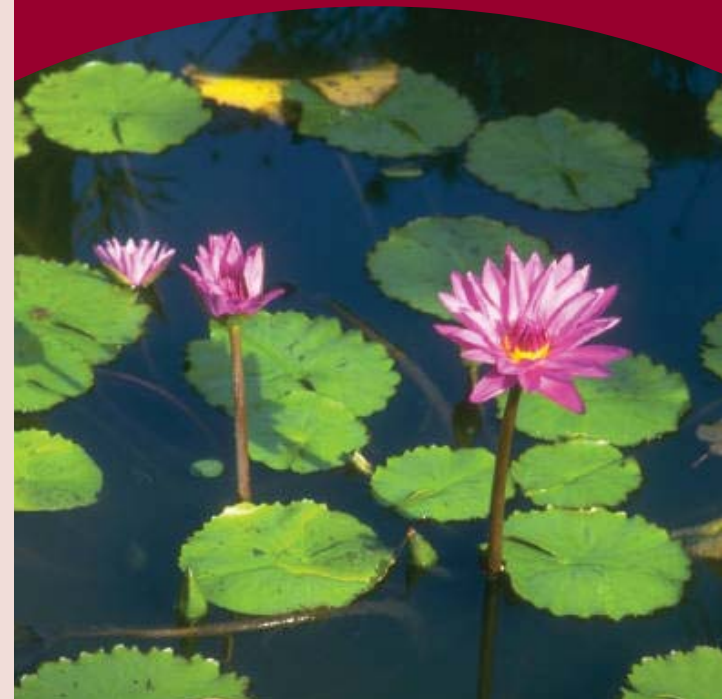
- Counseling Services
- Foster Care Services
- Clergy & Congregational Care

AFCS is affiliated with The Samaritan Institute of Denver, Colorado. To learn more visit [www.americanfoundationonline.org](http://www.americanfoundationonline.org).

*We are called to act with justice, to love tenderly, to serve one another and to walk humbly in faith.*

(adapted from Micah 6:8)

## Mindfulness for Well-Being



***“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.”***

*-Thich Nhat Hanh*



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## What is Mindfulness?

Mindfulness is awareness of the present moment. Knowing what you are doing when you are doing it is the essence of mindfulness practice. In Jon Kabat-Zinn's words, "*Mindfulness is paying attention to your experiences from moment to moment. This leads directly to new ways of seeing and being in your life because the present moment, whenever it is recognized and honored, reveals a very special, indeed magical power: it is the only time that any of us ever has.*"

## Are you Mindful?

How often do you get "worked up" over what might happen? If you are like most people, and you are honest, the answer is probably every day! We spend more time worrying about the future or regretting and rehashing the past than we do living in the present moment. We tend to fly through the days on autopilot, doing things automatically, and not really being present and aware. We don't pay attention! Our awareness is the only thing we really have in this present moment.



## What are the Benefits of Participation?

*Mindfulness helps you:*

- Stay focused on what's happening in the present.
- Reduce fear/anxiety and promote feelings of being in control.
- Prevent binge eating by making healthier food choices when you pay attention to what you eat.
- Fully experience and enjoy what you are doing.
- Make better decisions since you are more present and have the opportunity to assess.
- Bolster your immune system by allowing you to be more relaxed and deliberate.
- Reduce stress since you are in tune with your thoughts and body.
- Enhance your social and communication skills by becoming a better, more empathetic listener.



## Who can benefit from Mindfulness?

Everyone can benefit - especially individuals who are looking for more time for themselves, who want to promote self-care, or who simply feel overwhelmed.

Due to the consistent positive outcomes that mindfulness yields across different domains and age groups, it continues to attract the attention of educators, scientists, physicians, and multidisciplinary researchers in our society and around the world.

### *For more information*

To receive more information on how to get started, to schedule a confidential screening, or to learn about the fees for this program – please call us at (920) 437-8256 or visit us online at [www.americanfoundationonline.org](http://www.americanfoundationonline.org).