

# Mind Matters Workshops: Build Stress Resiliency

Face challenges in school, relationships, and life  
Overcome toxic stress and heal from trauma  
Address physical, relational, and mental health needs



**MIND MATTERS IS AN  
INTERACTIVE, ENGAGING,  
AND FUN WORKSHOP SERIES  
WITH RESEARCH BASED  
TOOLS TO BUILD RESILENCY.**

## **TOOLS INCLUDE:**

- Mindfulness techniques
- Cognitive behavioral coping
- Building support
- Loving kindness
- Listening and empathy
- Power of music
- Values identification
- Healthy habits
- Roadmap for the future

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