

New Online Digital Badge Program



CSU Extension

Living Mindfully

Mindfulness offers us the ability to pay attention to our everyday moments with curiosity and an open heart and mind. This experiential online program will introduce you to fundamental mindfulness concepts, principles, and practices that can help you cultivate greater awareness, better manage stress, and tap into more joy, gratitude, and compassion.

Learn a range of skills, including:

- How to increase awareness of your own habits and behaviors.
- Techniques for observing thoughts, emotions, and sensations.
- Tips for managing stress more effectively.
- How to practice self-compassion and compassion for others.

“Mindfulness practice means that we commit fully in each moment to be present.” Jon Kabat-Zinn

