



# TUESDAY, APRIL 23RD

# MINDFULNESS

## Mindful Self-Care

What we focus on, think about, and repeatedly do can literally change the structure of our brain. For example, scientists have discovered that playing the violin grows the map of the hand in the motor areas of the brain, and that juggling enhances all the areas involved with detecting visual motion. This malleability is known as neuroplasticity, and mindfulness is a way to self-direct our own brain development.

Mindfulness involves paying attention in the present moment without judgment. It is about awareness as opposed to thinking. This evidenced-based and therapeutic practice has many benefits for our physical and emotional well-being, with an abundance of new research showing that people can find inner calmness despite outer circumstances. Attendees will learn about the basics of the mindful brain and have the opportunity to experience simple, effective techniques for mind-body wellness. Three mindful qualities will be discussed: 1) intention 2) non-judgment and 3) acceptance. These qualities can be utilized to connect more deeply with the present moment, ourselves and each other in order to enhance self-awareness and empathy, communicate with insight and lead with goodness.

## Presenter: Todd Fink



Todd is an artist, thinker, speaker and social and environmental activist with nearly 20 years of clinical experience as an associate of Linden Oaks Behavioral Health. He is the co-founder of the acclaimed music group The Giving Tree Band and the creator of the "Kind Mind" podcast. A modern Renaissance man - his songs, videos, articles and lectures on health and harmony have inspired so many around the world. He holds certifications in addiction counseling and mindfulness meditation and earned his psychology and music degrees from Georgetown University. Todd has been a consultant and mentor for Fortune 500 companies, non-profits, schools, governments and other organizations and works fervently to help communities build sustainable cultures of well-being and peace. [www.michaeltoddink.com](http://www.michaeltoddink.com)

Plainfield North  
High School

Auditorium

5:30-6:30 pm