



MINDFUL MONDAYS

Manage stress, increase focus and find balance.



Taking a moment in your day to check in and becoming present can be a small action with a big impact. Discover and practice a variety of mindfulness techniques to improve concentration, promote calm and reduce stress.

Practices will include:

- Mindful Walking
- Meditation & Breathing Exercises
- Mindful Movement
- Journaling & Creative Expression
- Mindful Eating
- Mindful Learning

How to Participate:

Practice independently or in the Wellness Center.

Select sessions will be led in person in the Employee Wellness Center, [register here](#).

Mondays
Starting
January 2026



Employee Wellness Center
CAS Building
601 N. Ross St. Santa Ana, CA 92701



For more information visit
<https://countywellnesscenter.weebly.com/>
or email
countywellnesscenter@ceo.oc.gov