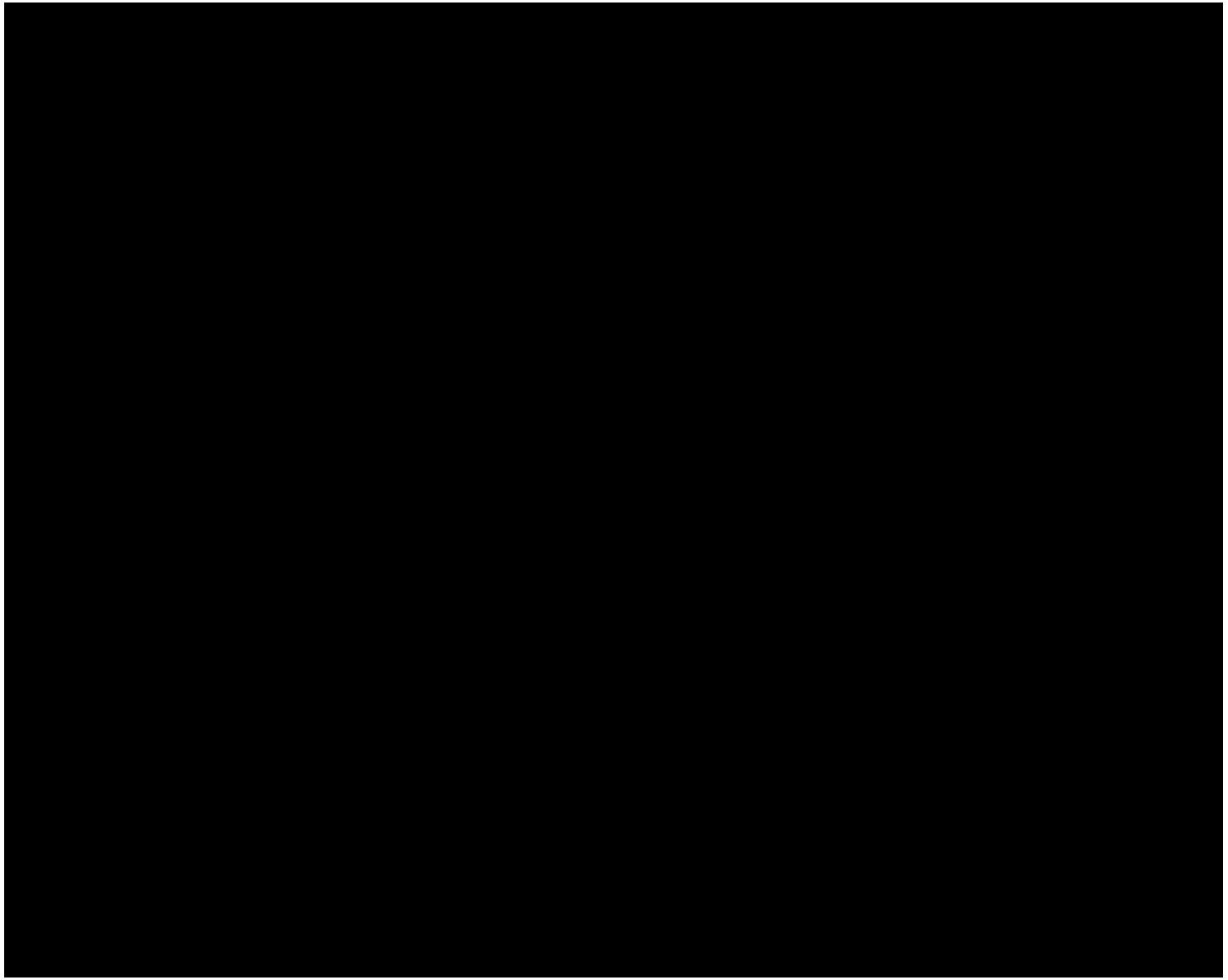
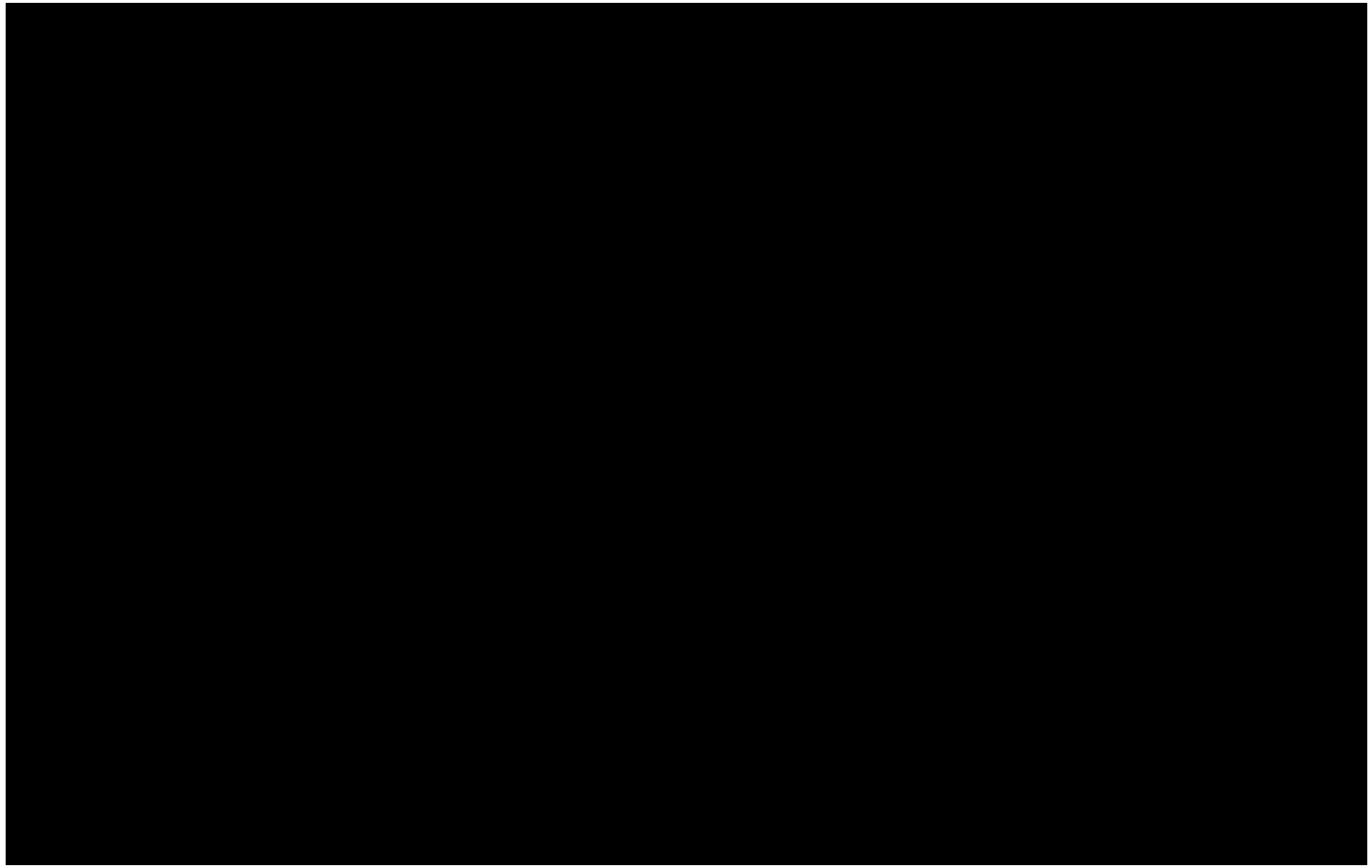
Why a design educator like me, is interested in Mental Health & Wellbeing studies???



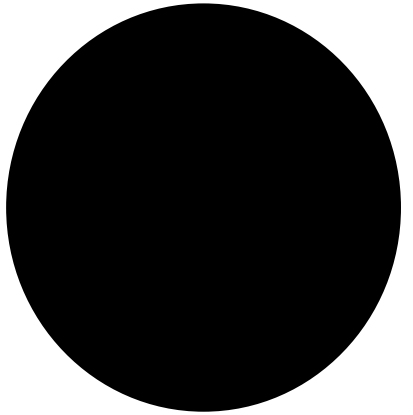
https://executivesecretary.com/workplace-wellbeing/#prettyPhoto/0/

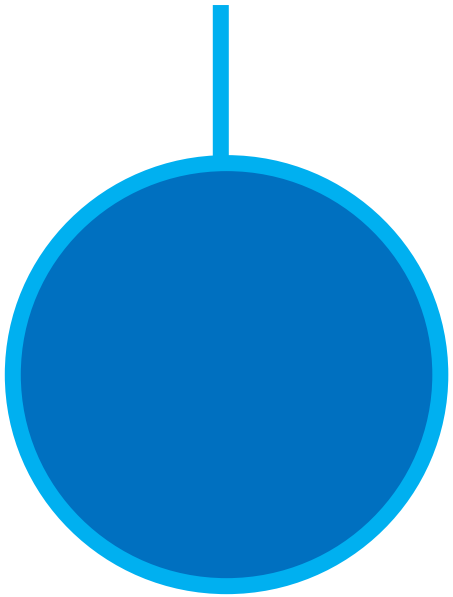
RISING NUMBERS OF S

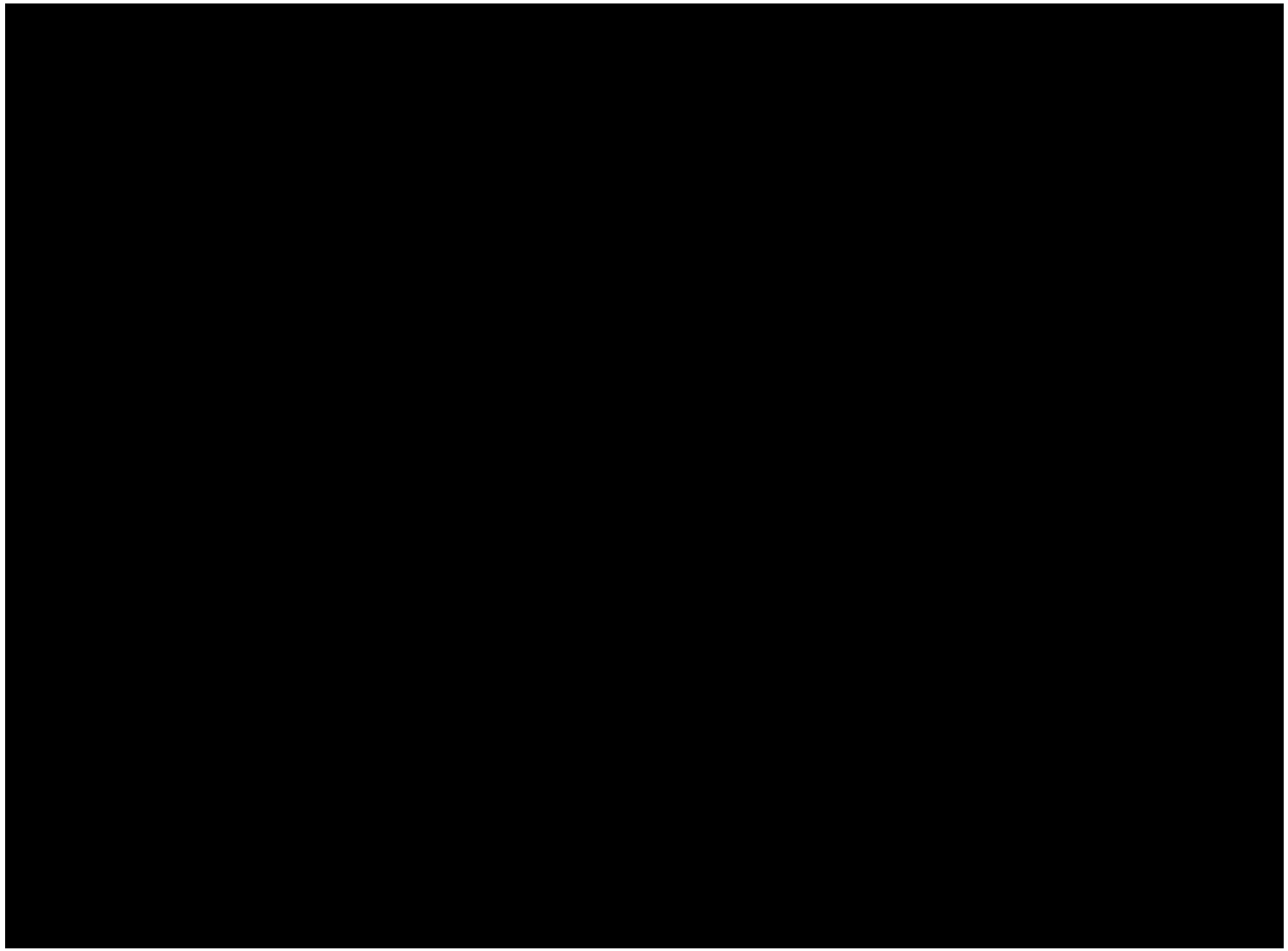
Is there a drug free,



Mindfulness practice has the potential to affect self-referential processing-







INTERVIEWS

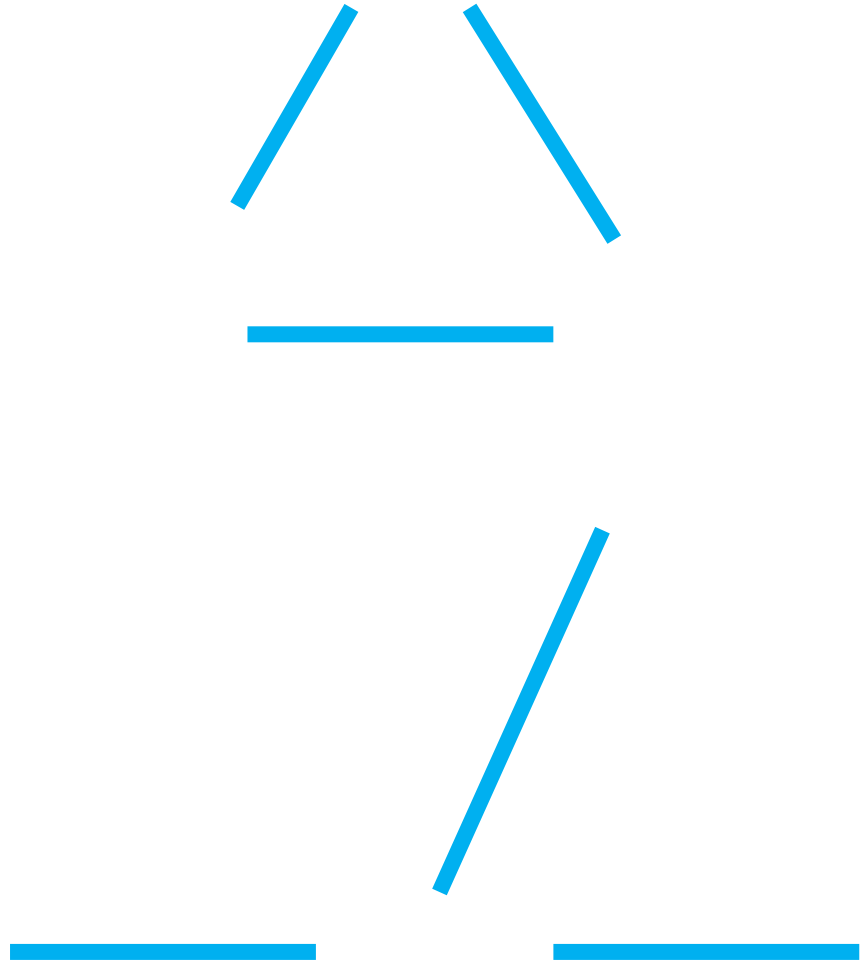
SIX WEEKS ONLINE SUMMER COURSE

PEDAGOGIES

Student -Centered

Project-Based Learning

COURSE DETAILS



ASSIGNMENT 2

REFLECTING AND DOCUMENTATING ONE'S VALUES, + HAPPINESS AND HEALTH MAPS

Christopher Peterson

https://

MINDFULNESS & NEUROSCIENCE

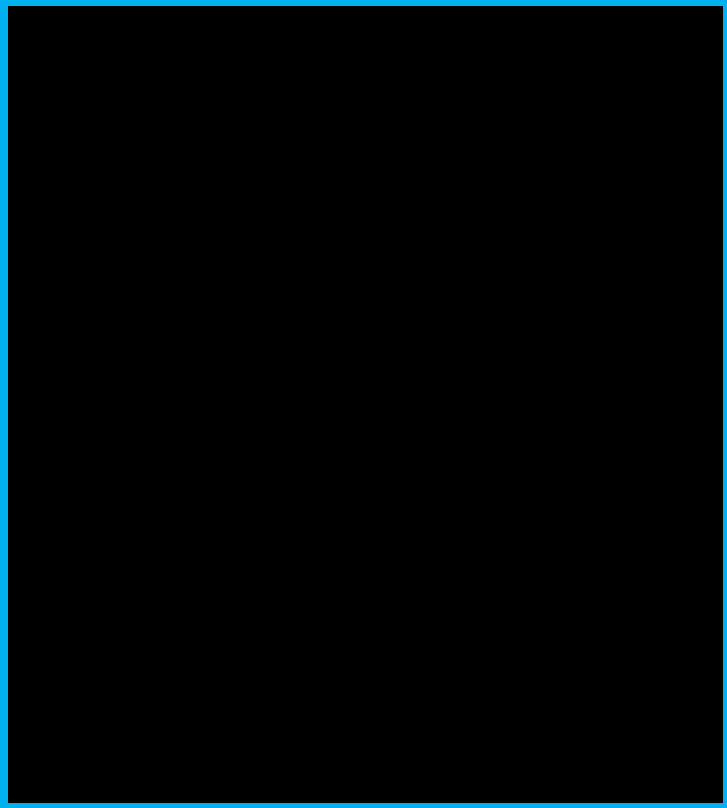
Mindfulness practice enhances attention.

Mindfulness practice improves emotion regulation and reduces stress.

Fronto-limbic networks involved in these processes show

MINDFULNESS & NEUROSCIENCE

DEVELOPMENT OF KNOWLEDGE



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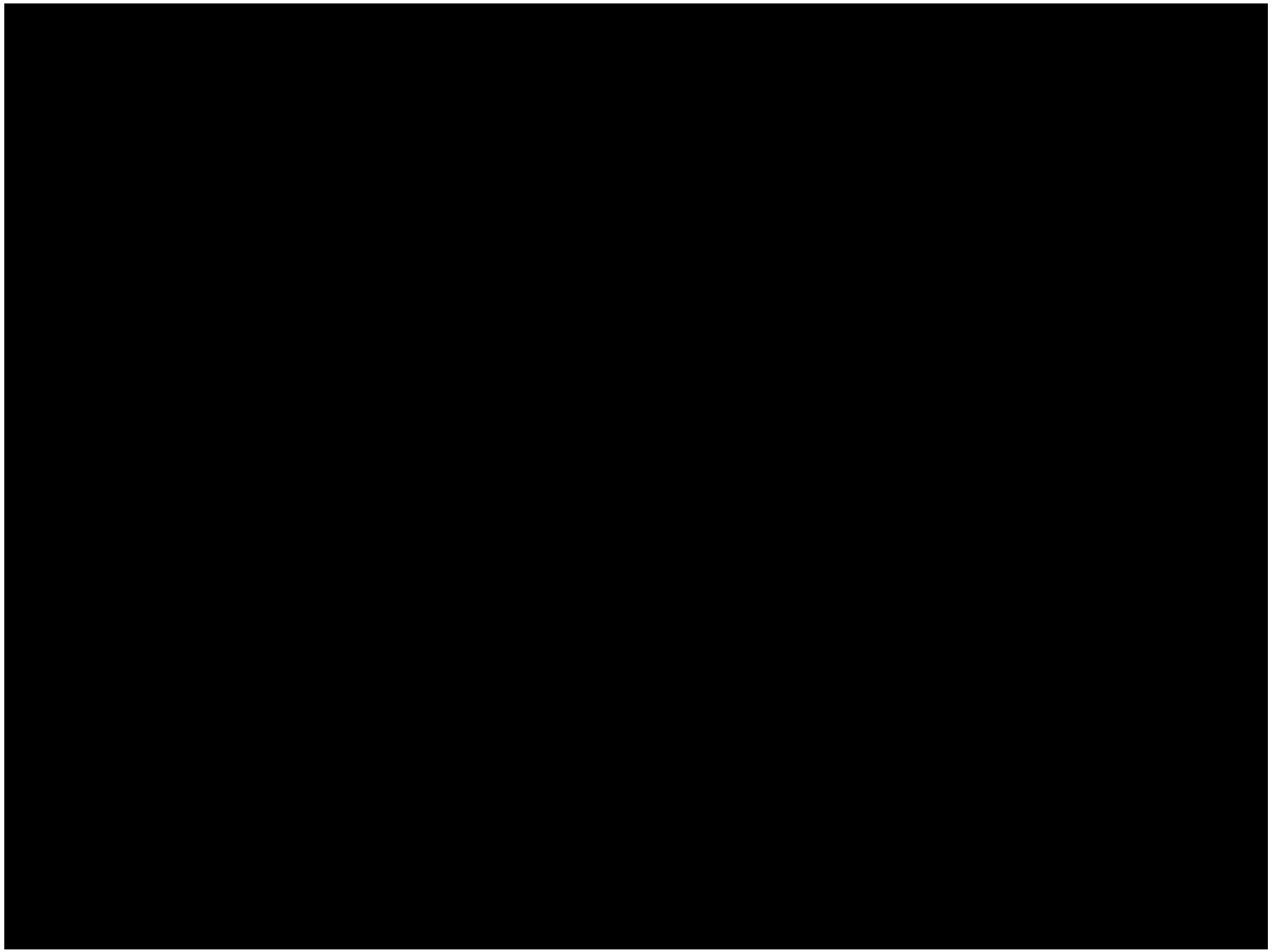

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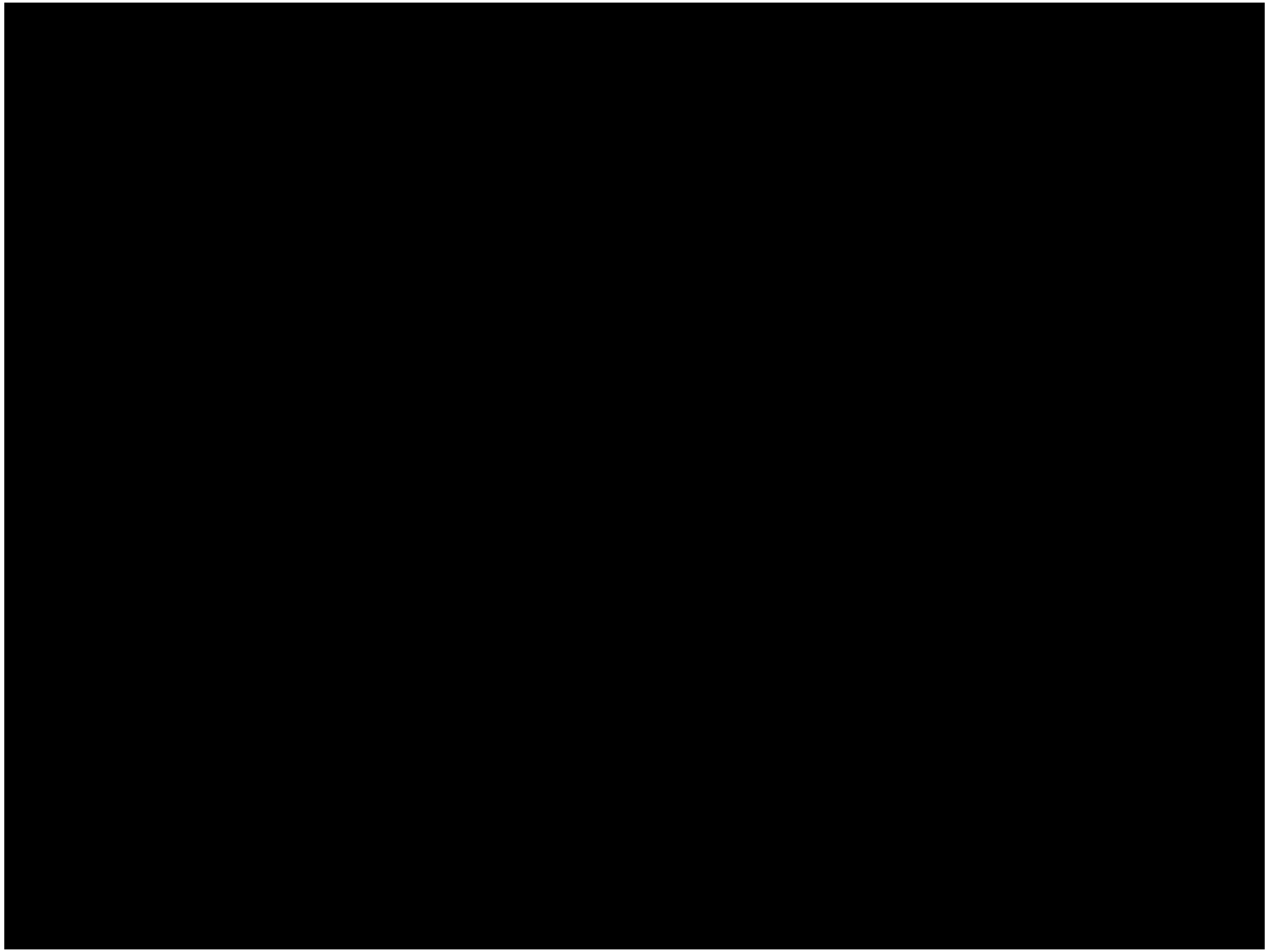
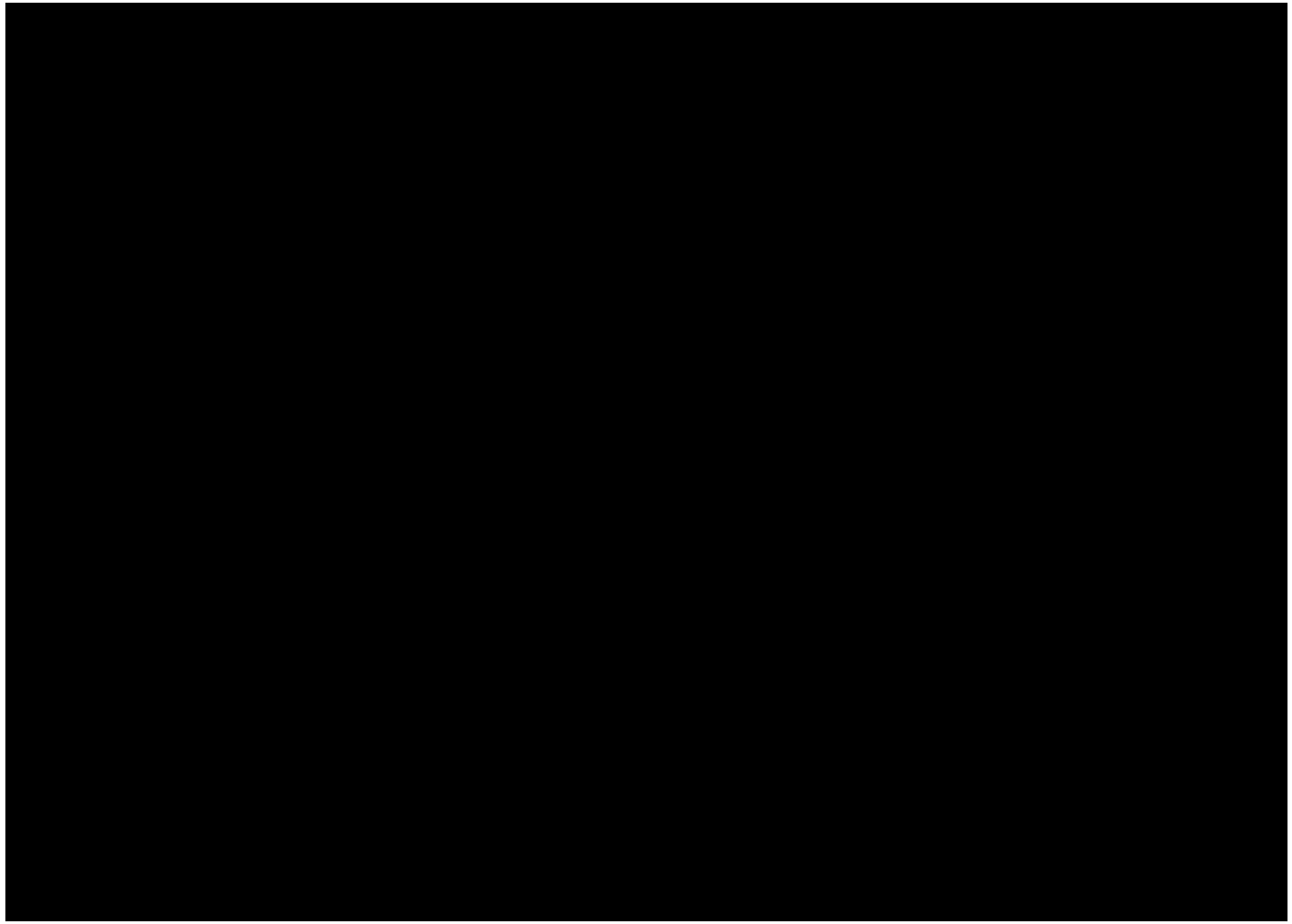
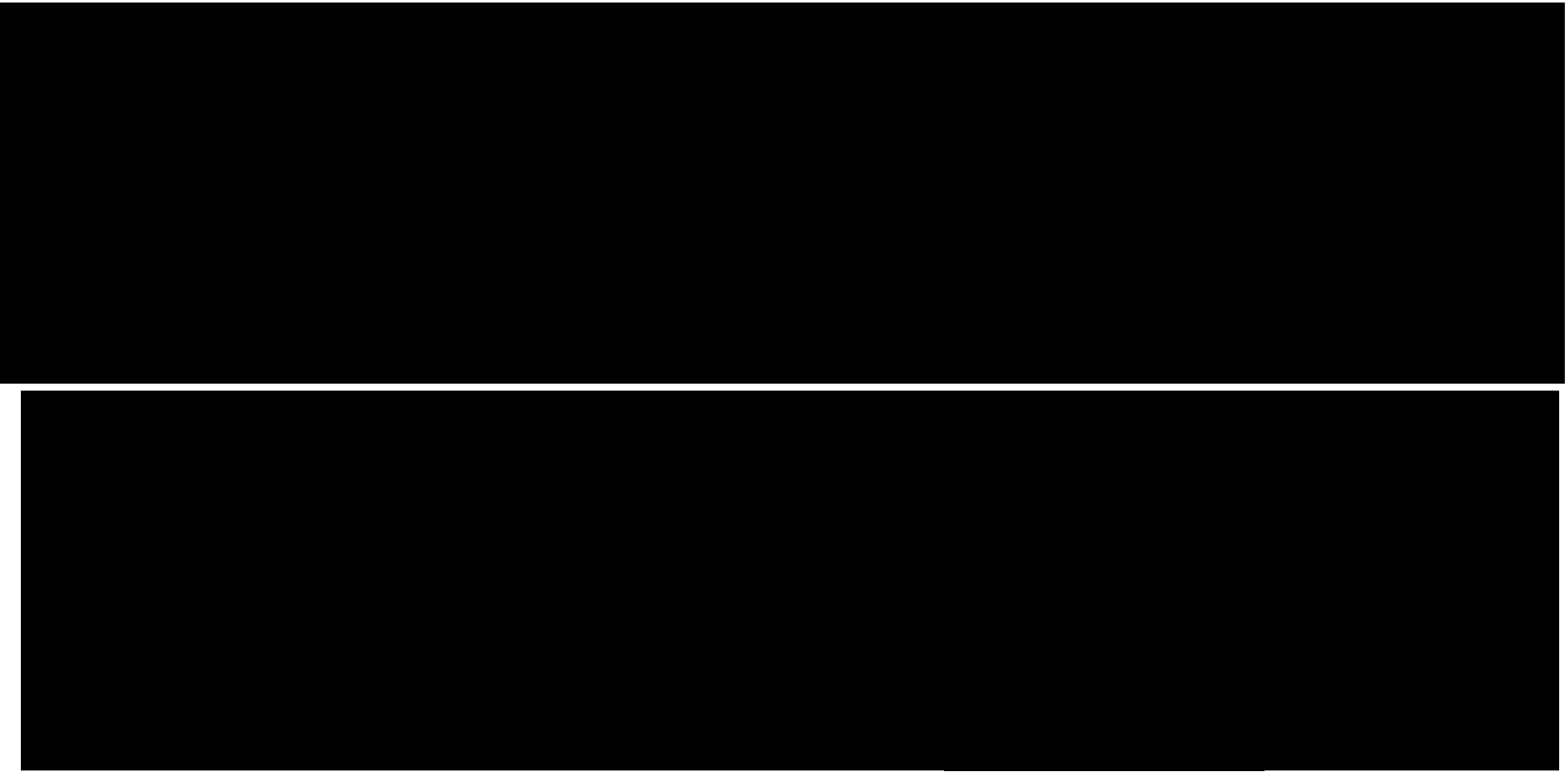


NEUROSCIENCE PERSPECTIVES

WELL·BE·ING





ALTERNATIVE THERAPIES THAT CAN HELP IN IMPROVING ON

HEALTHY FOOD

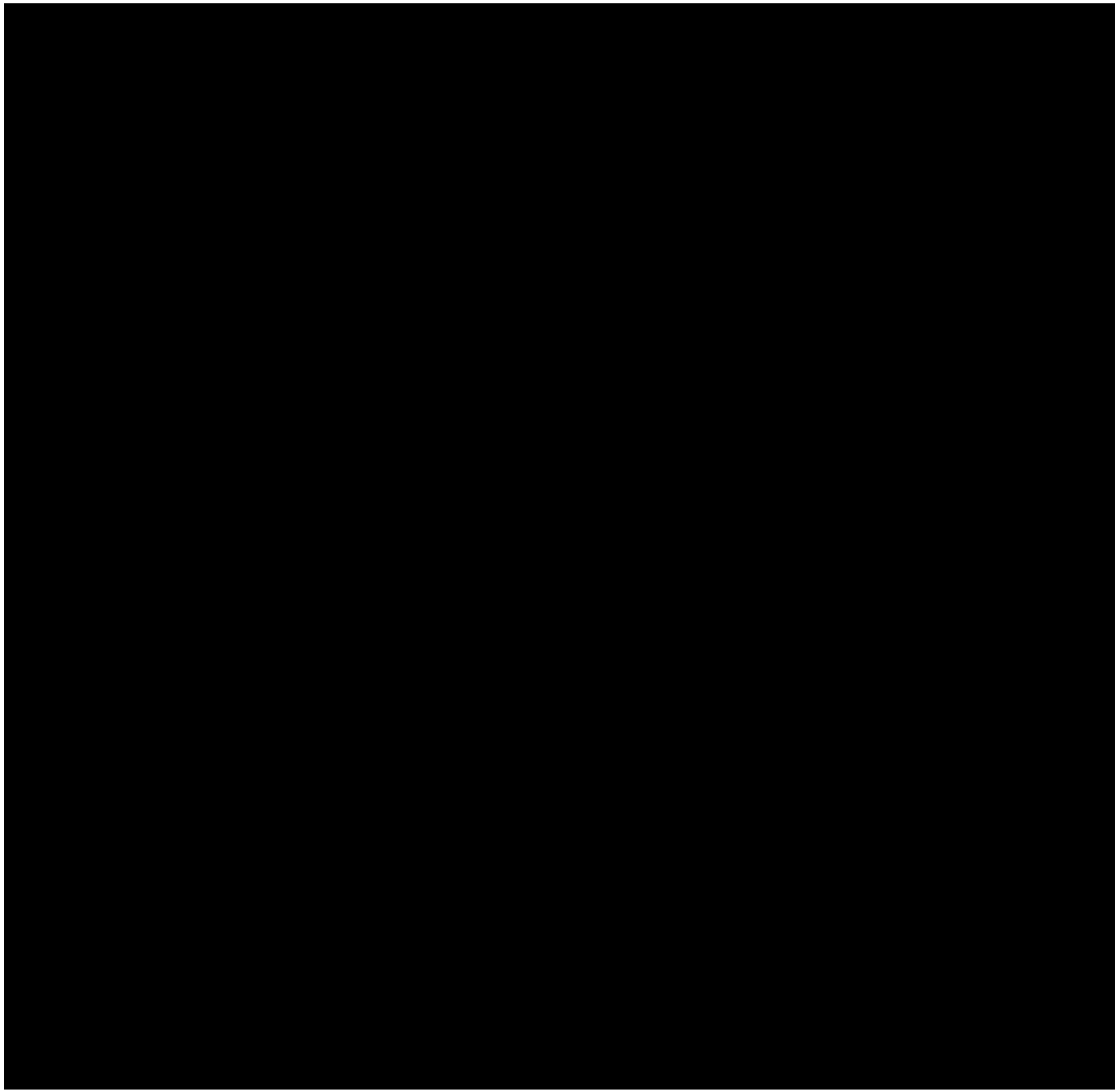
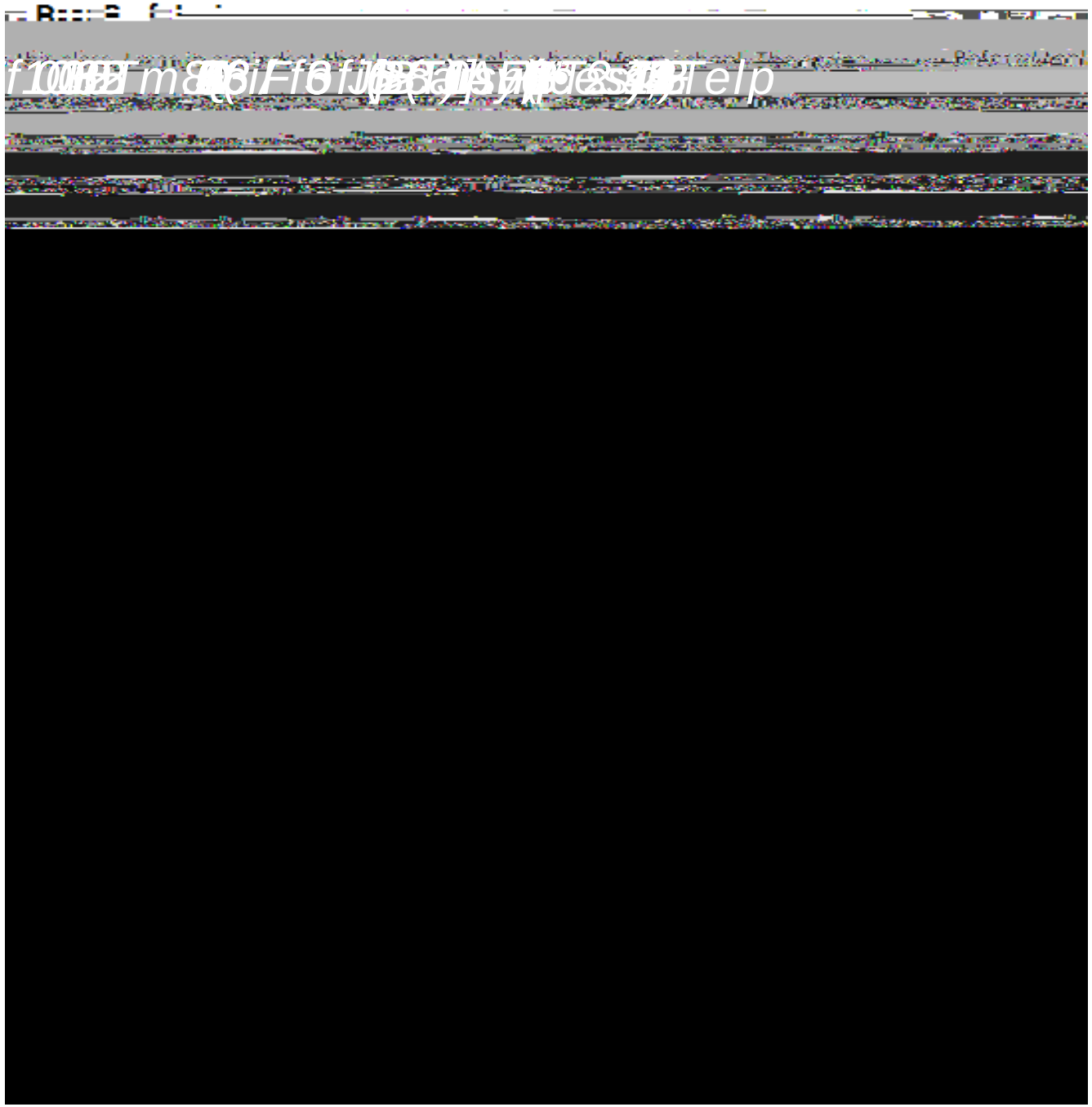
OUTCOMES:
HAPPY MEAL

REFLECTION AND DOCUMENTATION OF HEALTH RITUALS

Mary Winzer

REFLECTION

A JOURNALING ASSIGNMENT
TO DOCUMENT ONES' THOUGHTS
ON HEALTH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is that your ÞBT