Dear students,

Agency for Mobility and EU Programs has launched a series of thematic lectures for Erasmus+ beneficiaries to make it easier for them to implement projects or go on student exchanges due to pandemic crisis.

The second thematic lecture will be held on **November 30, 2020 at 2 pm till 3:30 pm** and is intended for students of Erasmus+, CEEPUS and Bilateral programs, both incoming and outgoing.

The topic of the lecture is the Application of mindfulness techniques for successful coping with stress, and it will be held by Josipa Mihić, PhD, Assoiciate Professor from the Faculty of Education and Rehabilitation Sciences, University of Zagreb.

Participants of this virtual workshop will learn about the basic principles of mindfulness practice and the results of scientific research on the impact that the application of this practice can have in the protection of our mental health. The cognitive and physiological mechanisms that contribute to the occurrence of stress and unpleasant emotional states will also be elucidated. The focus of the workshop will be on experiential exercises and the application of simple mindfulness meditations that can help cope with stress and regulate emotions, both in the work environment and in private life. Exercises consist of raising awareness of the nature of our active and anxious mind, developing awareness of bodily sensations, breathing exercises and activation of the parasympathetic nervous system, and relaxation. The participants will also be introduced to the so-called informal mindfulness practices that they can apply in everyday life.

The working language is English, and the lecture will be held online via the Zoom app.

Participation in the thematic lecture is free and registration is possible via the link <https://forms.office.com/Pages/ResponsePage.aspx?id=w3IlDWdrk0G4BaQz4Gv2iTrNaCEGk-ROr0GrhouEP8dUOE1aOVAzRUQ2MURTOVdQUDQ2OERCMEJORC4u> until November 28, 2020 with the possibility of early closure due to limited places.

We hope you will join us online!

\* *As an organizer, we process your personal data that you gave us when registering for the event, as well as those that you may give us during the event, for the needs of the subject as well as future events. You can read more about how we handle your personal data in our* [*Privacy Notice*](https://www.mobilnost.hr/hr/sadrzaj/obrada-osobnih-podataka/)*.*

Department for Promotion and Information Services
**Agency for Mobility and EU Programmes**
**Address:**
Frankopanska 26, HR-10 000 Zagreb

pr@mobilnost.hr
t. +385 (0)1 555 6750
****

            