## You are invited

to attend the Spring 2015 event of the Wellness Grand Rounds series, sponsored by the Campus Council on Faculty Life



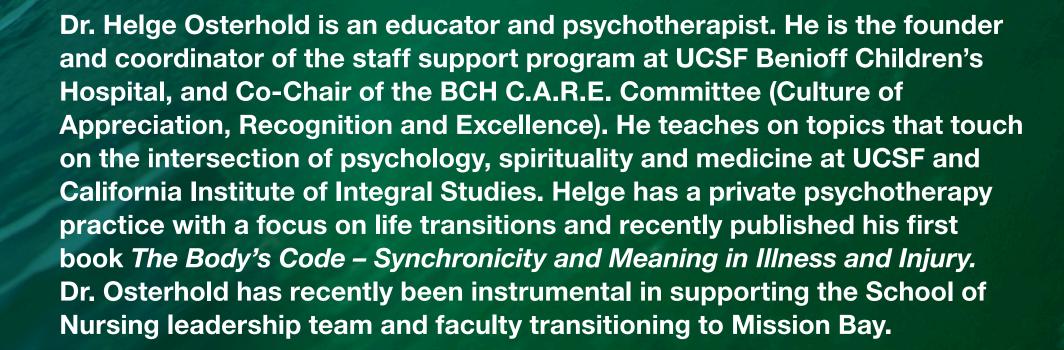
Adapting to new professional realities with mindfulness and purpose

Presented by:

Helge Osterhold, PhD, MFT

Thursday, June 4 3:00–4:30 pm

Mission Hall MH1401/1402 Mission Bay Campus



Adjusting to changing environments can be exciting but may also be

Often stressful. This is particularly true of "big" life changes and those that are outside of our direct control. While the opening of the Mission Bay Hospitals has been an exciting event for many reasons, these changes have placed new demands on faculty – for those who have moved to this new setting and who must let go of what is familiar, but also for those who have been "left behind."

Using lecture, reflection and dialogue, this session will offer an opportunity to:

- Understand some key psychological components of dealing with change
- Learn simple and effective mindfulness techniques to engage with changes
- Understand how to minimize unnecessary distress related to change
- Gain insight on personal factors that help or hinder adjusting to changes



For additional information, contact Irené Merry at irene.merry@ucsf.edu or 415/502-0244

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