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## Learning Objectives

MedBridge  
*Strategic Mindfulness Training for Stress Management (Recorded Webinar)*  
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### Course Objectives

Upon completion of this course, learners will be able to

- Articulate three types of stress and the role of mindfulness training to address the adverse effects of stress on health and to promote well-being
- Implement present-moment awareness and three mindful attitudes to stress self-regulation
- Describe four proposed mechanisms of mindfulness training and their application to regulating physical, cognitive, and emotional reactions to stress
- Practice three formal mindful awareness training activities to promote interoception (sensing inner experience) and stress self-regulation
- Apply mindfulness-based strategies to stressful circumstances, a morning routine, the transition to and from work, work activities, and an evening routine to calm the nervous system and enhance well-being
- Execute a contemplative practice that emphasizes kindness to enhance mindfulness, compassion, positive emotions, and perceptions of social connectedness