SMART (Stress Management and Resiliency Techniques) 

mindfulness training program

The smartUBC program trains participants to:

• Manage stress through a greater understanding and control of emotions
• Employ self-care techniques to cultivate personal and professional resilience.
• Create effective strategies for relating to challenging situations
• Enhance concentration and executive function (planning, decision-making, and impulse control)
• Revitalize purpose, personally and professionally
• Improve personal overall mental and physical health
• Promote happiness through healthy habits of the mind.

Mindfulness is emerging as, “the essential life-skill of the 21st century.”

-Harvard University

Daily Mindfulness Drop-In Sessions
Monday through Friday
12:15 – 12:45 in UNC 328

No experience is necessary...
Everyone Welcome

smartubc.ca