



# Being With All Our Emotions

## 3-Week Online Workshop

May 2021  
Thursdays 8:00-9:15  
PM EST

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Creating a space of comfort has become a necessity during a time when everything is uncertain (e.g., health, finances, and socializing).

This workshop is providing additional support and skills on how to manage our mindset and how we can be hopeful, find peace of mind, and calm amidst the craziness.

The tools are foundational to whatever happens in the future:

- Learning the power of breath awareness.
- Exploring our emotional discomfort and developing skills to adapt.
- Practicing and improving the ability to listen.
- Experimenting with strategies resulting in unique outcomes, even in stressful situations.
- Discovering the vitality of coping with all emotions that arise during uncertain times.