

# Be Well, On Purpose.



## ABOUT THIS WORKSHOP

Develop habits and routines to manage stress and promote wellness.

- Participate in a live experiential workshop
- Receive workshop recording and resources
- Access to monthly mindfulness challenge
- Reflect through journal prompts
- Use Infographic for ongoing learning

DECEMBER 4, 2024  
3:30-4:30 P.M.

**REGISTER HERE**

### GABRIELLE GONZALEZ, LMFT

Mindful Revamp, Inc. | EASE Therapist

Gabrielle Gonzalez is a licensed marriage and family therapist dedicated to integrating mindfulness and somatic therapy into her practice. With a passion for educating individuals on the brain science behind mental health struggles, she equips clients with practical skills to manage stress and anxiety. Committed to guiding those who have faced challenging life experiences, she empowers them to rediscover their happiness through mindfulness-based skills and embodiment techniques and she looks forward to empowering you too!



### Learning

**The Habit of Stress:** Understand the “habit loop” of stress and how it affects your behavior, based on Dr. Judson Brewer’s research.

**How to Intervene on the Cycle of Stress:** Learn techniques to break the cycle of stress and anxiety and intervene effectively.

**Condition Yourself Through Mindfulness:** Discover how to use mindfulness to reinforce positive behavior and manage stress.

**Create Routines of Self-Praise:** Develop a daily routine that includes self-reflection and self-praise to support your mindfulness practices and build new habits.