This month’s newsletter focuses on resources related to mindfulness and spirituality. Both can be helpful forms of self-care and can contribute to well-being.

1. **Resources available:**
   - Getting Started with Mindfulness
   - What Is Mindfulness?
   - UCLA Mindfulness Awareness Research Center
   - KUMC Counseling & Educational Support Services

   Psychological services are offered within a confidential atmosphere of safety and respect to assist individuals in addressing emotional and interpersonal issues that may be affecting their well-being.

2. **Spiritual and Religious centers in Kansas City:**
   - ISGKC | Islamic Society of Greater Kansas City
   - Temple Buddhist Center
   - All Souls Unitarian Universalist Church
   - Catholic Diocese of Kansas City-St. Joseph in Kansas City, Missouri
   - Jewish Federation of Greater Kansas City
   - Kansas City Midwest Sikh Association Gurdwara
   - Hindu Temple & Cultural Center of Kansas City
   - Churches in Kansas City, Missouri by Denomination
   - Churches in Kansas City, Kansas by Denomination

3. **Ted Talk(s) of the month:**

   **All it takes is 10 mindful minutes-Andy Puddicombe**

   When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)