

# Holding Your Seat

By Daniel Goldsmith

## Description:

In this single-class activity, students learn how meditation and mindfulness can help reduce stress from daily life events and help build resilience against trauma. They gain a deeper understanding of risks that can lead someone to experience trauma by identifying and critically assessing experiences in their own lives. See a full description [here](#).



Out of Class (Instructor)



Out of Class (Students)



In Class (Instructor)



In Class (Students)

