

Turning Around Negative Thoughts

Presented by Susan Downing

*who teaches stress relief and loving kindness through her
program*

“Share the Sweater.”

**Are you tired of feeling upset by people who push
your buttons? Do you wish you wouldn't get so
annoyed at others or yourself?**

*Come learn easy exercises to do at work or at home that
will help you turn around negative thoughts and feelings. I
can't get rid of the people who upset you, but I can teach
you how to feel more positive toward them (and yourself,
too!).*



<http://sharethesweater.com/home>

Brown Bag Lunch Series

Wednesday, April 9

Shattuck Hall 102

Please RSVP to Sandy Kacenski (skacensk) or Mika
Keezing (mkeezing) in Human Resources, x2503