



Managing Change with Mindfulness

Dana Samardzich

Harvest time is an exciting time for people who have spent time fertilizing and pruning their fruit trees so they will get as much fruit from them as possible. However, if the roots don't get attention, the tree will wither. It is the same way in our lives--if we don't take care of those things that nurture and sustain us, no matter how much work goes into growing more branches, leaves, and fruit, that growth will atrophy. In this presentation, we will explore mindfulness as a strategy to help us balance that growth with nourishment to sustain our growth.