



Stressed Out?

This course can help!

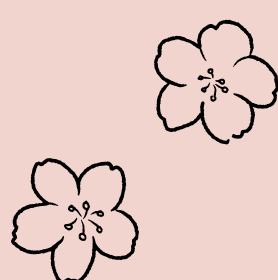
你，壓力大嗎？這堂課可以幫助你

Mindfulness-Based Stress Reduction

正念減壓課程

Weekly 2-hour sessions + Day of Mindfulness
每週 2 小時課程 + 一次正念日

Location: TSMC R321 1-credit (pass/fail)
地點: 台積館 R321 1學分 (通過/不通過)



Benefits of Mindfulness

Reduce tension, anxiety, insomnia, alleviate high stress, enhance emotional management, achieve better physical and mental health, build greater confidence, and increase focus and efficiency.



正念的幫助？

改善緊張、焦慮、失眠、減緩高壓、提升情緒管理能力、讓身心更健康、更有自信、增加專注力與效率

Limited seats, register quickly! 名額有限，敬請選課



Course Name: **Well-Being & Wise Decisions**

選課系統課名：**健康與智慧抉擇**