

DEVELOP A PEAK MIND



"Becoming aware of where our attention is directed gives us the power to make a choice on whether we want it there or somewhere else. It gives us ownership over our attention."

- Dr. Amishi Jha



Best-selling author and neuroscientist Dr. Amishi Jha is back with two events in May.

Join us to learn how paying attention can increase energy and focus. Spoiler alert: it all takes practice, and practice can be hard to maintain. That's why Living Well at Home has teamed up with Dr. Jha to teach you the mindfulness techniques that help increase performance in high stress, high stakes environments - and in everyday life.

Peak Mind: Dr. Amishi Jha on Sharpening Attention and Boosting Mood.

Wednesday, May 1, 1:00 p.m. - 1:30 p.m.

When we're trying to focus on a task, get a job done, or fully engage with the people in our lives, distraction becomes more than a challenge—it can impact our mood, making everything feel a little bit harder... and a little bit less joyful. In this interactive Q&A session, Dr. Jha will introduce simple practices anyone can do to sharpen attention and boost mood.

Peak Mind: Impact and Practice

Wednesday, May 15, 10:00 a.m. - 11:00 a.m.

Dr. Jha will be joined by a panel of mindfulness experts to share practical advice for starting, re-booting, and maintaining your personal pursuit of a peak mind.



Check out our Peak Mind Resource Hub, where you can register for these events, view recordings of these events, take part in our four week Peak Mind challenge, and view exclusive content created by Dr. Amishi Jha for Point32Health. Simply scan the QR code to the left or visit: point32health.org/peakmind

Point32Health

