

Well-Being Series

The Connection Between Our Breath and Our Emotions

Date: Wednesday, May 15, 2024

Time: 12–1 pm (Eastern Time)



Our breath serves as a bridge between our conscious and unconscious mind, influencing our emotional states through its rhythm and depth. Techniques like deep breathing and mindfulness can help regulate emotions by harnessing the power of our breath to calm the nervous system and reduce stress.

In recognition of Mental Health Awareness Month, join Carmen to learn about the intimate connection between our breath and emotions, and how they can cultivate greater self-awareness and emotional resilience in navigating life's challenges.



Featured Speaker: Carmen Alvarez, MHA

Carmen is a well-being teacher and coach. As a certified workforce mindfulness facilitator, she integrates mindfulness and well-being to provide a comprehensive and integrated wellness approach. Carmen is also a Certified Reiki Master and has served as a Reiki Therapist at Mass General Hospital and Brigham and Women's Hospital in Boston since 2018.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/82772575850>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

Scan this QR code with your phone's camera
to see our program schedule online

