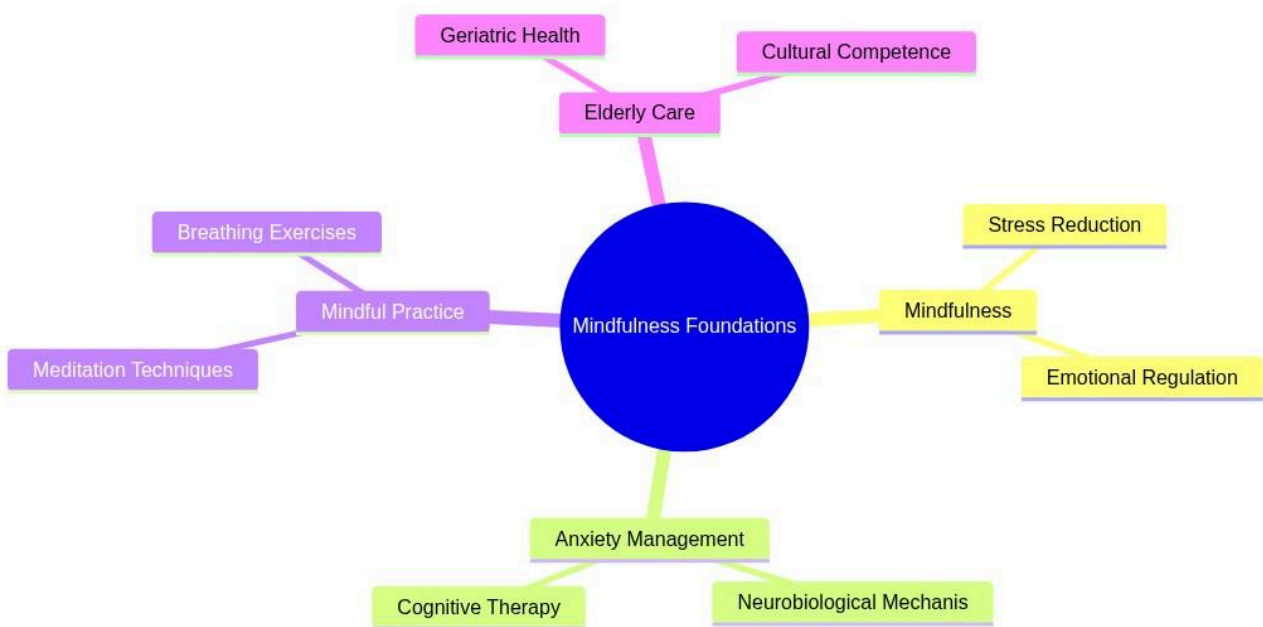


Advanced Skill Certificate in Mindfulness for Anxiety in the Elderly (Advanced)

# Mindfulness Foundations



mindmap

root((Mindfulness Foundations))

Mindfulness

Stress Reduction

Emotional Regulation

Anxiety Management

Neurobiological Mechanis

Cognitive Therapy

Mindful Practice

Meditation Techniques

Breathing Exercises

Elderly Care

Geriatric Health

Cultural Competence