

Be Well, On Purpose.



ABOUT THIS WORKSHOP

Identify and manage triggers to maintain mental and emotional balance.

- Participate in a live experiential workshop
- Receive workshop recording and resources
- Access to monthly mindfulness challenge
- Reflect through journal prompts
- Use Infographic for ongoing learning

MAY 14, 2025
NOON-1:00 P.M.

[REGISTER HERE](#)

GABRIELLE GONZALEZ, LMFT

Mindful Revamp, Inc. | EASE Therapist

Gabrielle Gonzalez is a licensed marriage and family therapist dedicated to integrating mindfulness and somatic therapy into her practice. With a passion for educating individuals on the brain science behind mental health struggles, she equips clients with practical skills to manage stress and anxiety. Committed to guiding those who have faced challenging life experiences, she empowers them to rediscover their happiness through mindfulness-based skills and embodiment techniques and she looks forward to empowering you too!



Learning

Understanding Your Triggers: Learn a straightforward method for tracking your triggers through observation and labeling.

Tune in Mindfully to Your Thought Patterns: Explore cognitive distortions and practice tracking your irrational thoughts with kindness and without judgment.

Game Plan Your Mindset: Create a game plan for managing common triggers by planning your mindset responses.

Take Your Breather: Discover the benefits of stepping away to take a breather, and develop a "5-minute breather" routine to regain clarity.