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**Psych Up Live**  
Thursday at 11 AM Pacific  
**October 10th 2019: Mindful Tips To Support Mental Health in Adults and Kids**

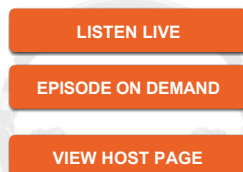
In this Episode Julie Potiker, Mindfulness Expert and author of *Life Falls Apart, but You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos*, shares her own experience with depression and credits the power of therapy and her commitment to mindfulness techniques to changing her life. Recognizing that it's easy to let the stresses of daily life overwhelm and send us into unhelpful thought patterns, Julie's goal is to empower adults, teens and kids with tools and tips that will improve their mental health. She offers parents strategies to share with the first grader with school.

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#### Featured Guest



#### Julie Potiker

Julie Potiker is an attorney who began her serious study and investigation of mindfulness after graduating from the Mindfulness-Based Stress Reduction Program at the University of California, San Diego.

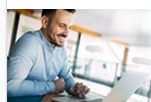
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