

Social Media Toolkit - Welcome!

Thank you for supporting the “Mindfulness, Dignity, and the Art of Human Connection” online course. In this toolkit, you will find messaging from the “Mindfulness, Dignity, and the Art of Human Connection” landing page, the course logo, downloads to promotional videos, a shortened link to the course description page, and sample social media posts that you are welcome to share through your channels.

Please contact us at ai-marketing@umich.edu if you have any questions or ideas for additional opportunities to collaborate in support of this course.

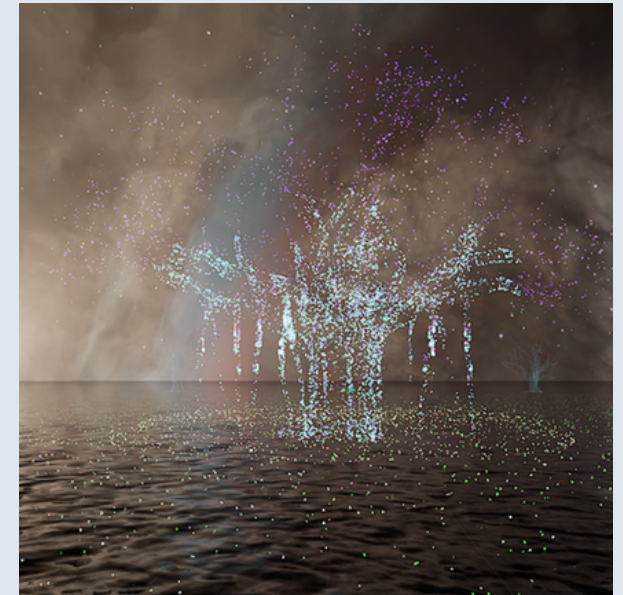
Social Media Toolkit - About

Course Description

While our world is becoming increasingly interconnected, people report increasing anxiety, depression, and loneliness. With “Mindfulness, Dignity, and the Art of Human Connection,” you’ll explore innovative mindfulness techniques that foster a more profound understanding of dignity within yourself and others. This course provides a comprehensive understanding of the holistic mindfulness perspective, which focuses on strengthening your relationships with the self, others, and nature. It covers mindfulness from three perspectives: Buddhist psychology, critical theory, and contemplative studies. This interdisciplinary approach allows you to not only learn major aspects of the Banyan Tree mindset framework but also provides an inclusive perspective that builds a greater sense of understanding for others with diverse experiences.

The course explores current research on mindfulness and offers various contemplative activities such as meditation, art, poetry, photovoice, and journaling to practice mindfulness. By developing a vision for leading a dignified life, you’ll strengthen your grasp on how to integrate mindfulness practices into your daily life and better understand the world around you.

Course Image



Click on the image to download.

Social Media Toolkit - Media Assets

Social Image



[Click on the image to download.](#)

Quote Card



[Click on the image to download.](#)

Video Files

[Gain a Mindful Mindset](#)



[Noticing the Miracles Around Us](#)



[Experience Our Shared Humanity](#)



[Guided Meditation Intro](#)



Click on the thumbnails to download the image or video.

Social Media Toolkit - Social Copy

Short URL: <https://myumi.ch/qVQ7N>

Recommended Hashtags:

#mindfulness | #meditation | #mindset

Deepen your connection to self, others, and the world around you in the new online course “Mindfulness, Dignity, and the Art of Human Connection.” Ram Mahalingam of the University of Michigan’s Human Dignity Lab helps you find and appreciate the joy in everyday life. Enroll now:

Recommended Content: Social Image

Feeling disconnected? Frustrated by the division in society? Learn mindfulness that brings people together instead of pushing them apart. Ram Mahalingam provides you mindfulness techniques through, theory, practice, and guided meditation. You can improve your mental health, manage your stress, and learn to lead a life with dignity while respecting yourself and the world around you. Enroll now:

Recommended Content: Social Image

Live every day with a mindful mindset that opens your eyes to the beauty of our world and the inherent dignity we all deserve. Join Ram Mahalingam of the [University of Michigan] Human Dignity Lab for the online course “Mindfulness, Dignity, and the Art of Human Connection.” Enroll now:

Recommended Content: Quote Card

Copy the text to use for social post promotion.



Social Media Toolkit - Social Copy

Learn mindfulness techniques from Ram Mahalingam of [University of Michigan mention]'s Mindful Dignity Lab. Ram gives you tools to reduce stress, calm your mind, and recapture the wonder all around you. Enroll in the online course to begin your mindful journey today:

Recommended Content: Gain a Mindful Mindset video

Recapture the wonder of childhood and notice the miracles all around us. Ram Mahalingam, director of the Mindful Dignity Lab at [University of Michigan mention] helps you recapture your wonder, calm your mind, and recognize the inherent value within you and those around you. Enroll now:

Recommended Content: Noticing the Miracles Around Us video

Close your eyes, calm your mind and focus your breath. Enjoy this intro through a guided meditation from Ram Mahalingam, director of the Mindful Dignity Lab at [University of Michigan]. Learn mindfulness techniques in the online course "Mindfulness, Dignity, and the Art of Human Connection." Explore the course and gain a deeper understanding:

Recommended Content: Guided Meditation Intro video

Embrace a mindful way of life that fosters connection. Ram Mahalingam, director of the Human Dignity Lab at [University of Michigan] teaches you how to reconnect to the world around you, and understand the inherent dignity within oneself and others. Enroll now to learn a holistic mindfulness perspective:

Recommended Content: Experience Our Shared Humanity video

Copy the text to use for social post promotion.

