Workshop (in Mandarin):

Courses for Alleviating Stress &
Bringing Calmness to the Mind

Workshop Leader: Venerable Zi-Zhon  
Time: March 31, 2007 (Saturday) 10:00am-4:30pm  
Place: Campus View Apartment Activity Room  
Admission: Free of Charge  
Organized by the Buddhist Study Association at Indiana University  

This workshop provides an opportunity for Mandarin speakers in Indiana University to learn how to cope with enormous stress which often results from conflicts of cultural differences, language barriers, and heavy loading of study work. Indiana University is famous for its richness of diversity. The proportion of international students in the entire student body has reached its new peak in 2006. According to the International Student and Scholar Statistical Reports in 2006, close to 10% of the student body is international students. Meanwhile, about one in five international students comes from Mandarin-speaking countries, such as China, Taiwan, Hong Kong and Singapore.

Although international students are fortunate to pursue higher education in an environment with abundant academic resources, they face some unique challenges of living and studying in another culture, especially when their own culture is very different from the North American culture (Church, 1982; Pederson, 1991). Research findings show that international students have more medical and psychological concerns than domestic students (Ebbin & Blankenship, 1986). In the field of psychology, research has shown that investigating the relationship between spirituality/religion and mental health is “clearly warranted and clinically relevant.” (Miller & Thoresen, 2003). Hence, this workshop combining Buddhist teaching and exercise will be very comforting and useful in alleviating participants’ daily stress and will facilitate the calmness of minds, particularly for international students.

Venerable Zi-Zhon, is well-known in Taiwan for using Buddhist teaching to release stresses and enhance mental well-being. He traveled to China and disseminated Buddhist way of relaxing and focusing. He has helped many psychologically disturbed people alleviate their pathological symptoms (i.e., depression, anxiety) through the Buddhist practice of eating, exercising, and thinking. We hope that this workshop can provide an alternative way to help students deal with stress from difficulties of cultural adjustment and heavy loading of teaching and studying. Students do NOT need a background in Buddhism to fully participate in the workshop. This workshop is NEITHER a lecture on Buddhism NOR a religious ceremony; it will focus on how to reduce stress in our lives. Therefore, this workshop is suitable for people from these similar cultural traditions.
Program of the Workshop by Venerable Zi-Zhon:

**Courses for Alleviating Stress and Bringing Calmness to the Mind**

3/31/2007 (Saturday)

10:00-10:30am   Exercises for Relaxation
10:30-11:30am   The Origins of Stress and Simple Ways of Alleviating Stress
11:30-12:30pm   The Buddhist Way of Eating and Thinking (Lunch Banquet)
12:30-1:00pm    Walking Meditation
1:30-2:00pm     How to Reframe our Ways of Thinking and Living
2:00-2:30pm     Practicing Relaxation
3:30-4:00pm     The Ultimate Way of Eliminating Vexation–the Practice of Dharma
4:00-4:30pm     Questions and Answers

Location: Activity Room of Campus View Apartment

You can choose any session that you are interested in and your time is available. If you plan to attend lunch banquet, you need to register by emailing to buddhism@indiana.edu before March 28 (Wed.) 5:00pm.

We look forward to seeing you.

Buddhist Study Association at Indiana University