



UNIVERSITATEA BABEȘ-BOLYAI
Facultatea de Matematică și Informatică



INNODES
10 MAI 2023



FSEGA Building, Room C335
Teodor Mihali Street, No. 58-60,
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**STRESS
MANAGEMENT**



**FOCUS
IMPROVEMENT**



**PRESENCE &
WELL-BEING**

MINDFUL CONNECTIONS

THE NEUROSCIENCE &
PRACTICE OF MINDFULNESS IN
HIGHER EDUCATION CONTEXT



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