Bethany Trueblood, an MSW student and graduate assistant at OU-Tulsa, gave a presentation about practicing mindfulness on August 4th to entrepreneurs at 36 Degrees North, a growing entrepreneurial hub in the Brady Arts District. The focus of the presentation was on using mindfulness techniques to help individuals gain control and raise awareness of how they interact with their surroundings, especially when under stress. Dustin Curzon, Executive Director of 36 Degrees North, approached the Anne and Henry Zarrow School of Social Work requesting a presentation to help entrepreneurs learn ways to manage their stress and take care of their mental health. Bethany is also employed at 36 Degrees North as a Community Support Specialist, so giving this presentation was a special privilege as she is well-connected with the 36 Degrees North community. Eleven people attended the presentation and enjoyed learning practical ways to incorporate mindfulness into their busy schedules. Bethany also talked about the importance of seeking help when stress becomes too much to manage – even with mindfulness techniques. Dustin Curzon, as well as the other attendees, found the presentation covered many important points about identifying and coping with stress. One attendee even requested Bethany give the presentation to her husband and his colleagues as she believed it was a valuable topic. Bethany was grateful for the opportunity to learn more about mindfulness and to share her findings with 36 Degrees North.