



Mindfulness for Living

A course to help you manage serious and everyday anxiety and stress

- ◆ Is over-reactivity making you feel tired and ill?
- ◆ Do you want to better manage stress and stressful events?
- ◆ Would you like to learn skills to handle difficult people and situations?

Having the right skills to manage stress is essential to good health and living well. **Mindfulness for Living** teaches **Mindfulness** and other skills to manage stress and difficult situations.

Mindfulness for Living

Mindfulness for Living is a small group course, based on **MiCBT (Mindfulness-integrated-Cognitive Behaviour Therapy)**. The course is suitable for anyone experiencing serious or average stress, or who want to prevent stress. Conditions, like addictions, anxiety, depression and phobias are stress-based. Mindfulness practice is a drug-free way to manage and overcome them.

Mindfulness

Mindfulness is the state of being present to what you are doing, giving full attention of mind and body, without judgment or reactivity. By paying full attention, we deal with our experiences in the moment. We 'let them go' instead of becoming 'attached' to or reactive to them.

By not being attached to or reactive to our experiences, we overcome stress and stress related conditions. Instead, we develop qualities of equanimity, compassion and kindness.

Mindfulness meditation helps you to develop the habit of being Mindful. Regular practice of Mindfulness meditation teaches you not to have expectations and be disappointed. You deal with problems and life stresses more effectively. You feel better and more positive about life.

Delivery

Prior to the course, participants each receive an individual 30-minute interview (usually by phone) to inform them about the course and give them the opportunity to ask questions. The course is delivered in eight weekly 1.5 or 2-hour sessions (depending on the number of participants). You receive notes each week and access to on-line recordings or CDs. These materials will help you and guide your daily meditation sessions.

At the first session, you set personal and group goals. Subsequent sessions consist of feedback and learning new skills. Each participant also receives an individual 1-1 session to discuss personal issues and/ or difficulties. You are asked to practice your Mindfulness skills for 30-minutes twice each day and carry out your weekly activities.

Participants

Mindfulness for Living is suitable 4 to 8 participants. It is for all people who want to learn how to manage stress and reactivity. It will benefit people with both minor and serious stress, and those who want to know how to prevent stress. You will gain valuable skills and feel so much better.

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