



Mindfulness for Smokers

'Between stimulus and response, man has the freedom to choose' (Covey, The 7 Habits ...)

Do you want to:

- ◆ Stop smoking?
- ◆ Be healthier?
- ◆ Save money?

Mindfulness for Smokers

Mindfulness for Smokers is a 10-week course to help you to stop smoking. You learn Mindfulness meditation and other self-management skills to help you quit. The course explains crucial aspects of addiction. You understand how people get 'hooked,' and why quitting is so difficult. Mindfulness helps you to manage withdrawal symptoms.

You learn valuable skills, such as assertiveness and dealing with difficult people and situations. When we are under stress, we don't manage things very well. Quitting often poses additional challenges. Having the right tools ready to manage those challenges will help you to succeed.

Mindfulness

Mindfulness is the practice of paying attention in the present moment to whatever you are doing or experiencing. It is fully accepting whatever *is* rather than having your attention on other things or wishing things were different.

Mindfulness helps you to deal with life in more direct, positive ways. We become much more capable of doing the things we want to do and getting more out of life. You learn how to manage stress and reactivity so that you don't have to turn to smoking.

Delivery

Prior to the course, you have a 1-1 session to do a brief assessment, and ask any questions you may have. The first two sessions focus on smoking and why it is so hard to quit. The remaining eight sessions teaches you Mindfulness and other emotional regulation skills. You are asked to practice Mindfulness meditation for 30-minutes twice daily during the course. Keeping up your practice afterwards will help you to avoid relapsing.

To help and guide your practice you receive weekly notes and access to on-line recordings or CDs. During the course, you receive an in person 1-1 individual interview to assist your progress.

Individuals can take the course at any time. Sessions are 1-hour per week.

Participants

The course is for anyone who wants to quit smoking. **Workplaces and organisations** can organise a group course of up to 8 participants for their staff. A **private group course** for 4 persons can be organised any time they are all ready to begin at the same time. Group sessions are 2-hours.

Individuals can start at any time. Sessions would be 1-hour.

If you want a new lease on life, to be healthier, save money, be a role-model and learn valuable skills, get in touch for more information or to arrange your course.

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