

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 people experiencing serious or average stress, or who want to prevent stress.

Most people experience stress in their life. This is quite normal. Some stress is good as it motivates us to action and we get things done. But too much stress or the wrong kind of stress is unhealthy and can lead to all kinds of physical illnesses and thinking disorders.

Conditions, like addictions, anxiety, depression and phobias are stress-based. Mindfulness practice is a drug-free way to manage and overcome them.

Delivery

Prior to the course, participants receive a 20-minute phone interview to inform them about the course and give them the opportunity to ask questions. The course is delivered in eight weekly 2-hour sessions. You received notes each week, and either CDs or access to on-line recordings. These materials will help you and guide your daily meditation sessions. At the first session, you set your own goals, and a set of goals for the whole group.

During the course, each participant receives an individual 1-1 session. You can check your progress and discuss any problems that may arise. You can if you wish, arrange further individual sessions at the normal counselling rate.

At each of the eight sessions, you learn Mindfulness and other self-management skills, like assertiveness, communication, and managing difficult situations and people. You are asked to practice your Mindfulness skills for 30-minutes twice each day and carry out your weekly activities.



Sessions begin by sharing feedback about your practice. You give and receive support. Others know what it's like for you. Even though each person's situation is unique, others' experiences may be similar. You give each other understanding and empathy.

Participants

Mindfulness for Living is suitable for people who want to learn how to manage stress and reactivity. You don't have to be suffering from a serious condition to benefit from the course. But if you are, this course is the best help you can get. 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.

Groups usually consist of four people, but this may be varied according to circumstances. If you would like to attend a small group Mindfulness course, contact us below and let us know. We will form a group as soon as we have enough takers.

If you prefer, you can start a Mindfulness course individually at any time. Contact us below for more details or to arrange your course.

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radiancehobart.com.au

PO Box 907, Sandy Bay, TAS 7006.
Website: www.radiancehobart.com.au
