



About 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. 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 attend a 20-minute phone interview to confirm their eligibility for the course, and where they can ask questions. If they are happy to go ahead, they complete a brief stress assessment, and to show progress, complete it again at the end of the course. The course is delivered in eight 1.5 or 2-hour sessions (depending on participant numbers). Participants receive comprehensive workbooks and access to on-line recordings of guided meditations for their practice.

At the first session, participants set personal and group goals. Subsequent sessions consist of feedback and learning new skills and meditations. Each participant also receives a 50-minute individual 1-1 session during the course, scheduled at a mutually convenient time. The commitment is to practice Mindfulness skills for 30-minutes twice daily and carry out weekly activities.

Participants

[Mindfulness for Living](#) is suitable for 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. Please contact me for details of the next course or to put your name down to be kept informed.

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