



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. These help you to manage withdrawal symptoms. There is also information on smoking and why it is so hard to quit.

Other valuable skills are taught, such as assertiveness and dealing with difficult people and situations. When we are under stress, we don't manage things very well. Quitting 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 unhealthy habits.

Delivery

The first step is a 1-1 session where we carry out a brief assessment. You can ask any questions and share any concerns. The first two group 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. Group course participants receive an in-person 1-1 interview during the course to assist progress.

Participants

The course is for anyone who wants to quit smoking. Workplaces and organisations can organise a group course for their staff. We can organise a private group when we have enough people interested. Individuals can start at any time.

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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