



## About Mindfulness for Living

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*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

The course is delivered in 8 x 1.5-hour weekly sessions, plus optional follow-up sessions. Participants receive workbooks and links to on-line meditation recordings. You have a brief pre-course phone interview to ensure that the course is right for you. You set personal and group goals, which we rate at the beginning and the end of the course so that we can mark progress.

At each session there is new learning and homework tasks to carry out between sessions. This helps you to learn and ingrain valuable new skills. These will benefit you after the course is finished and throughout life. Included also is a 30-minute phone check-in to see how you are going with the course. You can book in for additional 1-1 sessions (50-minutes) if you wish or need more support.

### Participants

*Mindfulness for Living* is for people who want to learn to manage or prevent stress and reactivity, serious or non-serious. We schedule courses periodically. They are live, delivered in-person or on-line. Groups of six participants are ideal. Contact me if you would like to attend a course.

Dr Pauline Enright Mobile: 0409 191 342  
Email: [pauline@radiancehobart.com.au](mailto:pauline@radiancehobart.com.au)

PO Box 907, Sandy Bay, TAS 7006  
Website: [www.radiancehobart.com.au](http://www.radiancehobart.com.au)