

## About Mindfulness

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Learning about *Mindfulness* could be the best thing you ever do. If you want something different to make you feel better, find out about Mindfulness. Discover how to overcome problems like addiction, anxiety, depression, pain, sleeplessness, stress and more.

### 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 instead of being 'attached' to or reactive towards them.

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 learn to accept all your experiences, good and bad.

Instead of 'hanging on' to or craving for experiences that we like, or ignoring or avoiding those we dislike, we learn to accept what *is* - the reality of the situation - and we are less upset. Without wasting energy on feeling bad or wishing things were different, we deal with things more effectively. So being mindful does not mean being indolent. In fact, we become more active!

### Mindfulness Training

MiCBT (Mindfulness-integrated Cognitive Behaviour Therapy) is a very effective model of Mindfulness training. MiCBT integrates the insights of CBT with the insights of Mindfulness.

MiCBT is very successful in overcoming stress and stress related conditions. When maintained, the practices ensure the continuation of ongoing, sound emotional and mental wellbeing. This makes MiCBT valuable not only therapeutically, but also as a self-care maintenance practice.

We offer MiCBT for individuals for personal therapy, for both serious and non-serious conditions. We also offer small group programs for private groups and for workplaces, ideal for team development and managing workplace stress.

A workplace program is worth considering to take care of your staff. Having strategies to manage stress will help prevent absenteeism and improve morale and productivity.

Contact us if you would like to attend a Mindfulness course, or for any more information.

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