

Mind Your Self

Bite-sized Workshops to learn Foundations for living Mindfully

ABOUT THE COURSE: Mind Your Self is a short practical course which teaches skills to manage difficulties and increase our wellbeing. We discuss topics such as emotions, how our mind works and how to work with it and how to best manage our stress response. Participants come away with short practices they can use in their daily life. MYS courses are for adult Tasmanians who may be experiencing stress, with short sessions (1 hour) covering a different topic each week, for 4 weeks:

- In week 1 we look at how stress shows up in the body and ways of calming it
- In week 2 we examine why emotions are important and how to handle them
- Week 3 finds us exploring the nature of the mind and techniques for managing difficult thoughts
- In week 4 we consider the important things in life including our connections and what makes us happy.

COURSES ARE AVAILABLE for adults living in Tasmania. They are held in-person in rural and remote towns of Tasmania, in community centres or at workplaces and online as well. They suit people who might be having a bit of a tough time, and want something extra to help them through it. It's a good way to check out Mindfulness techniques, without signing up for the full course.

Courses are NOT suitable for people who are experiencing a life crisis, who are unsafe at home, who struggle with serious mental health problems or who can't be in a group setting. If this is you, talk to your GP about 1:1 counselling until you are in the position to be able to attend a course.



This is NOT group therapy where you “tell your story” and go over your history and events in your life. Our courses are educational – we learn information and practice skills together to shift towards greater wellbeing.



Mindfulness
PROGRAMS AUSTRALASIA



APPLICATIONS ARE ESSENTIAL and can be made directly by you, online through our website or by phone. You can apply for a specific course or if there is not one available nearby, select the ‘waitlist’ option and we’ll contact you when one is available.

admin@mindfulnessaus.com.au www.mindfulnessaus.com.au

0488 064 228



MPA programs are fully funded, so therefore FREE for people who meet the eligibility requirements. Our programs are supported by Primary Health Tasmania under the Australian Government's Primary Health Network program.