

The Mindfulness 2-Day Workshop Northpark Private Hospital

The **Mindfulness Workshop** offers participants tools and skills for reducing stress and developing more effective ways to deal with one's challenges; aims to improve physical, emotional and mental health.

This program recognises the impact of chronic stress on physical health and emotional wellbeing, as well as the contribution it makes to exacerbating pre-existing mental health issues such as anxiety and depressive conditions.

The workshop will explore:

- **Understanding stress and what perpetuates it:** Gain an understanding of what 'drives' stress – our tendency to get stuck in unhelpful thinking patterns, not being able to switch the mind off in order to gain deep rest.
- **Core principles of Mindfulness and Meditation:** Learn simple techniques that can be used informally throughout the day to develop a more 'here and now' based approach to living
- **Understanding the importance of the Breath:** Explore the importance of skilful breathing as a tool to reduce stress quickly
- **Mindful attention on the Body:** Gain an understanding of how mindful attention on the body can assist it in its repair work and relieve stress.
- **Responding to life's challenges**

This program is scheduled to be held on Saturday November 8th and 15th 2008. Program hours are 9.30 – 3pm. There are 8 available places in this program, so be quick to secure yours!

If you are interested in attending this program please speak with Christie Arbuckle (Psychologist & Therapy Coordinator) or Marita Lajs (Group Facilitator) at Northpark Private Hospital on 9467– 6163 during business hours.

Women's Health & Self Care Program Northpark Private Hospital

The **Women's Health & Self Care Program** offers individuals the opportunity to learn strategies for improved physical, emotional and mental health through learning ways of increasing their self-care, managing emotions and dealing with difficult thought patterns.

The group is aimed at women who have recently moved through an episode of depression, anxiety, relationship breakdown or loss.

Topics to be explored throughout this program include:

- Healthy living including sleep, diet, exercise and hormonal influences on mental health
- Relationships
- Grief and loss
- Self-care
- Moving ahead confidently

The program will engage insights from mindfulness therapies, family therapy and cognitive behaviour therapy within a group process setting.

Program information

This program is due to commence on Monday October 20th 2008. Program hours are 9.30 – 2.30/3pm. There are 10 available places for participants in this program.

If you are interested in attending this program please speak with the group facilitators Christie Arbuckle (Psychologist & Therapy Coordinator) or Marita Lajs (Nurse Therapist) at Northpark Private Hospital on 9467 – 6163 during business hours.

