

What does the course offer ?

You receive:

- an individual interview with the teacher
- a 2.5 hour class once a week for eight weeks plus one full retreat day
- mindful movement and body awareness
- exploration of habitual patterns of thinking, feeling and action
- brief lectures and discussions
- individual feedback and support
- scientific rationale for the practice
- guide to daily home practice using audio tracks and course book (There is a commitment required to do at least 40 mins of daily home practice.)
- Option of individual course if a group setting doesn't suit you

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Weekly drop-in Mindfulness classes also available at Yoga Tree Stanthorpe each Wednesday 5-6pm \$15/class

You can self-refer or ask your GP or health practitioner to refer to **MALLOW WELLBEING**

Contact Helen Ferrier RN BN MPH
Grad Cert Counselling
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Mindfulness Based Stress Reduction course
Each Thursday 9th May to 27th June 2019
10am -12.30pm
at Yoga Tree Stanthorpe

This free course helps with early or mild symptoms of stress, anxiety and depression and can improve overall wellbeing.

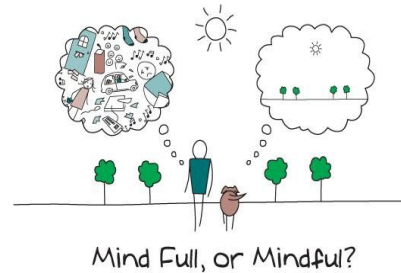
This program has been made possible by funding from the Darling Downs and West Moreton PHN .

About Mindful Based Stress Reduction (MBSR)

Symptoms of stress, anxiety and depression affect so many of us as we juggle the challenges of just living. Sometimes we are unsure of the source of our distress.

- Overwhelmed with it all ?
- Tied a lot of the time or finding it really hard to wind down or sleep?
- Restless, fidgety or panicky?
- Low mood, flat or numb?
- Touchy, irritable or angry?
- Lacking motivation, meaning, drive and enthusiasm ?
- Frenetic activity trying to do everything?
- Overreacting to small things?

(MBSR is a low intensity mental health service . For more serious symptoms or conditions seek support from GP, Psychologist or a Mental Health Team)



What is Mindfulness?

Mindfulness helps us to deal with these distressing sensations by repeatedly bringing our mind into the present moment - in the body, the mind and in the world around us. We learn to do this in a way that slows harsh judgment and develops awareness, acceptance and caring – towards our self, others or our situation.

This small group MBSR course uses a combination of meditation, mindful movement and inquiry activities to develop capacity to be mindful.

Regular practice of mindfulness can help improve our ability to handle stress, and allow us to choose our thinking and feeling responses to be more focused, wise and positive.

How was MBSR developed?

MBSR was developed at the Stress Reduction Clinic at the University of Massachusetts Medical Centre by Professor Jon Kabat Zinn, a molecular biologist. He brought together very different methodologies: that of science, medicine, and psychology, on the one hand, and that of Buddhist meditative traditions and their teachings and practices, known collectively as the Dharma, on the other. The course is taught all over the world with a large amount of research and evidence to it's effectiveness to relieve symptoms of psychological and physical distress.

Mallow Wellbeing Teacher

Your teacher Helen Ferrier, is a registered Level 11 Mindfulness Teacher with The Mindfulness Institute of Australasia. She is also a health practitioner with many years experience in health and community care. Qualifications include:

- Bachelor of Nursing
- Masters of Primary Health Care — preventative mental health
- Grad Cert Counselling