



Mind Your Self (MYS)

ABOUT THE COURSE: Mind Your Self is a short practical course which provides information on how to manage difficulties and also, importantly, how to thrive and enhance 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. The course builds emotional literacy and provides practical opportunities to learn or strengthen emotional regulation skills. 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 are experiencing a 'mild to moderate' degree of emotional stress in their life, or who recognise the need to prevent distress as they have some risk factor in their life, such as a stressful job, a health condition, or difficult relationships. They are useful for people who have in the past or who currently experience anxiety or depression and want to learn more about themselves and how to feel better. 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.

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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.