



Mindfulness for Stress Management

What is mindfulness?

Mindfulness is a special way of paying attention that can help with how you cope with everyday life and deal with tough times.

You're able to pay attention to the present moment and not get swept up thinking about the past or worrying about the future.

Programme features

In this 5-hour workshop you will be introduced to different strategies you can use to build mindfulness.

Who should attend?

This workshop is for those interested in learning practical mindfulness strategies to incorporate into their everyday life.

About the facilitator

This workshop is facilitated by WACRH's Mental Health Academic Chantal Crinquand, who comes from a mental health nursing and counselling background. Chantal has extensive experience in facilitating mental health workshops.

Benefits of mindfulness

There is a lot of evidence of the benefits of mindfulness, it can:

- Help relieve stress
- Help improve sleep
- Help manage depression and/or anxiety
- Improve your breathing
- Reduce your heart rate
- Make you happier.

Dates: 12 June 2023
Venue: WA Centre for Rural Health
167 Fitzgerald St, Geraldton
Time: 9am - 2pm
RSVP: admin-wacrh@uwa.edu.au
(one week prior to event)
Tel: 9956 0200
Cost: \$80 (Lunch is provided)



Western Australian Centre for Rural Health

