

Mindfulness Groups

Be good to yourself: Practical tools to assist in reducing stress, promoting physical and emotional health, well-being and resilience.

What is mindfulness?

Mindfulness is the ability to pay attention to an experience in a particular way: purposefully, in the present moment, without drifting into thoughts of the past or worries about the future, and without making any judgements about the experience.

What are the benefits of mindfulness therapy?

Practicing mindfulness can contribute towards reducing both physical and psychological symptoms, promoting positive changes in health, attitudes and behaviours.

Mindfulness improves well-being. Being mindful encourages you to become present and enjoy the pleasures of life as they occur; creating a greater capacity to deal with challenging events.

Mindfulness improves physical health. Mindfulness techniques help relieve stress, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.

Mindfulness improves mental health. Mindfulness can support in treating depression, substance abuse, anxiety, memory loss and early symptoms of dementia.

Mater at Home's evidence based program aims to provide a safe, stimulating and enjoyable learning environment. The sessions are grounded in current neuropsychology research, and have an immediate and practical focus.

Weekly sessions involve:

- Practical tools to implement in daily practice
- Guided meditation
- Exploration of weekly theme
- Mindfulness exercise and winding down exercise

Sessions are themed, covering a wide variety of topics including:

- Be good to yourself
- Self-compassion
- Enjoying life
- Building strength
- Engaging in the world
- Being at peace

What will I need to do?

Our mindfulness group therapy program involves six, hour long sessions per theme. Learning to better manage your emotions and stress levels takes practice. To gain the maximum benefit from this program, participants will need to commit to attending sessions and a regular practice of mindfulness at home.

Our mindfulness group therapy sessions are facilitated by Mater at Home's qualified and experienced Social Work team. Group sessions are tailor made to support retirees and carers.

Sound like the perfect program for you? For more information contact the team at Mater at Home.