

Re-focus

Your Mind

Workshop at-a-glance

Facilitated by Re-centre’s clinical psychologists, this workshop teaches mindfulness and resilience techniques to enhance coping skills and resilience for people experiencing anxiety, low mood and stress.

About the workshop

This workshop concentrates on mindfulness and resilience through interactive activities that aim to equip all participants to help manage their anxiety, low mood and stress more effectively.

Why a workshop?

Dealing with daily stresses, anxiety and emotions can be challenging to manage e.g. juggling work life balances, preventing burn out and maintaining healthy relationships. Attending a workshop can benefit participants wanting to learn and experience new skills.

Workshop details

The Re-focus: Your Mind workshop covers the following key content areas:

- What mindfulness is
- Benefits of mindfulness
- “How to”
- Stress in the body
- Mindfulness through practice
- Radical acceptance

Timetable

Re-focus: Your Mind is a two hour workshop. Visit our website www.re-centre.co.nz to see the timetable.

Why mindfulness?

Mindfulness is the practice of noticing and experiencing the present as it is, without trying to adapt or change it. It is about increasing your attention and focus to what is happening around you with curiosity and acceptance. The essence of mindfulness is about “living in the moment”.

Mindfulness-based interventions was first developed in 1979 by Dr Jin Kabat-Zinn as a holistic method of treating people with a wide variety of psychological and physical problems. Research found that mindfulness-based interventions are “effective in reducing psychological and medical symptom severity”¹

References:

- 1: Hofmann, S., & A, Gómez. (2017). Mindfulness-Based Interventions for Anxiety and Depression. *Psychiatr Clin North Am*, 40(4), 739-749. doi: 10.1016/j.psc.2017.08.008.

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