MINDFULNESS, MEDITATION & RELAXATION

Learn to relax the body, quieten the mind and manage stress levels

**WEDNESDAY lunchtimes 12 noon till 1 pm in SCU Health Clinic P Block**

**Wednesdays from 22nd January till 23rd March 2016**

This is a free one hour program for ALL - SCU students, staff and others

This is an opportunity during a busy week to take some time out just for you to relax. This informal group is to help you develop personal skills to deal with stress by learning to relax both physically and mentally. Over the session, a range of techniques will be introduced and practiced including: body relaxation, mindfulness, meditation, creative visualisation and breath awareness. Mindfulness, meditation and relaxation have been associated with reduced stress, boosting immunity and therefore reducing illness, reduced anxiety and depression, for enhancing feelings of wellbeing, calmness and better relating with others.

No experience or enrolment necessary. You are welcome to attend any session. We provide some cushions and mats. Bring light jumper or shawl (optional), turn up at 12 noon, turn off your phone and allow yourself to be mindfully guided through to relaxation.

This group program is freely available for SCU Students, Staff and others in the community. **1st Session 2016.** This info will also be available on the website: [http://scu.edu.au/students/wellbeingevents](http://scu.edu.au/students/wellbeingevents). Students who are needing a counselling or psychology appointment, please **BOOK with reception staff** on 6626 9131 or in person at SCU Health Clinic, P Block, Lismore Campus (see right on map).
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