

StillMind Program



StillMind offers an effective way to reduce stress and anxiety, develop emotional awareness and deal with difficult thoughts and feelings.

Mindfulness means paying attention in a particular way; on purpose, in the present moment and non-judgmentally. It is an excellent solution to the stresses of modern life. It invites us to stop, breathe, observe and connect with one's inner experience.

StillMind is about:

- Tuning into the present moment, maintaining awareness of your thoughts and feelings right now, rather than reliving the past or imagining the future

- Accepting your thoughts and feelings without judging them - without believing that there's a right or wrong way to think or feel in a given moment.

StillMind assists you to:

- Experience more calm and peacefulness
- Increase self-awareness
- Become less disturbed by and less reactive to stressful thoughts and feelings
- Be less emotionally volatile
- Facilitate better relationships
- Catch self-defeating behaviours and substitute more effective ones.

**NEED TO
TALK TO
SOMEONE?**



**To make a referral or
to find out more, please
phone (03) 6224 1777**