

**What to do in the darkness**  
**By Marilyn Chandler McEntyre**

**Go slowly**  
**Consent to it**  
**But don't wallow in it**  
**Know it as a place of germination**  
**and growth**  
**Remember the light**  
**Take an outstretched hand if you**  
**find one**  
**Exercise unused senses**  
**Find the path by walking it**  
**Practice trust**  
**Watch for dawn**

Mindfulness-Based Stress Reduction (MBSR) is the original course designed by Jon Kabat-Zinn in the mid 1970s. It has been proven helpful to assist people to better manage stress, pain, anxiety, chronic health conditions and depression, as well as improving quality of life, self compassion and feelings of wellness and contentment.

FACILITATED BY: Michelle Chirgwin,  
Occupational Therapist at Boab Health.



Michelle is currently supervised by the



Mindfulness Training Institute  
Australasia

Course fees of \$250 will be collected to cover room hire, refreshments and incidental costs. The course is scheduled for Term 2 of 2017 on Monday evenings between 6pm and 8.30pm, commencing 8th May, plus a full day mini retreat on Sunday 18<sup>th</sup> June. A brief phone interview will be scheduled with Michelle before commencement.

The venue will be determined once numbers are known. If unable to attend during term 2, registrations of interest are being collected for future dates.

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## Mindfulness Based Stress Reduction



Discover, through an experiential eight week course, how being more present and mindful can help you recognise unhelpful, habitual reactions and choose alternative responses for greater contentment and freedom.



MBSR is an 8 week course for anyone who wishes to learn more about mindfulness techniques, including formal meditations, mindful movement and simple, informal mindfulness techniques applied to daily life.

### **BENEFITS**

Benefits reported by participants include: greater abilities to relax, sleep better, manage pain, interrupt negative or ruminative thinking, and manage stress along with gaining more enthusiasm for life.

### **FINDING TIME**

Techniques are simple but in typical busy lives, may not be easy.

Please consider this as an experiment of about 2 months, for you to test out a range of techniques and skills to determine the effects they may have for you.

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*"It has helped put my current situation in perspective and made me understand how this has occurred and given me tools to use for life; in my life."*



*"Thank you....loved the course and has worked for me already in so many ways. It was just also so wonderful to be with other people who understand. I got more from this than I have with counselling...has given me life coping skills and techniques that have shaped my life for the better."*

### **CLASS STRUCTURE & HOMEWORK**

The 8 week course requires commitment and curiosity. There is a class of 2 ½ hours during early evening, once a week, plus a full Sunday from 9.30am to 5pm during week 5 or 6, which is conducted like a mini retreat.

Between group classes, meditation practices and short homework exercises will require **about 45 minutes a day**, 6 days a week.

The classes are held in a safe group setting, and are largely experiential, rather than relying on talk alone. Included are brief and longer mindfulness practices, gentle movement and stretching and discussions about what people discover.

Recorded mindfulness practices will be given out on CD or USB to use for practice sessions between weekly classes. Handouts will also be provided to reinforce programme content and for you to record homework exercises.

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*"It has given me the tools to be able to better cope with my anxiety. I've really learnt the importance of and positive outcomes of caring for myself, and how to do this."*