

*"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."*

*"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."*



## Mindfulness Based Stress Reduction

Facilitated by

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Currently supervised by:

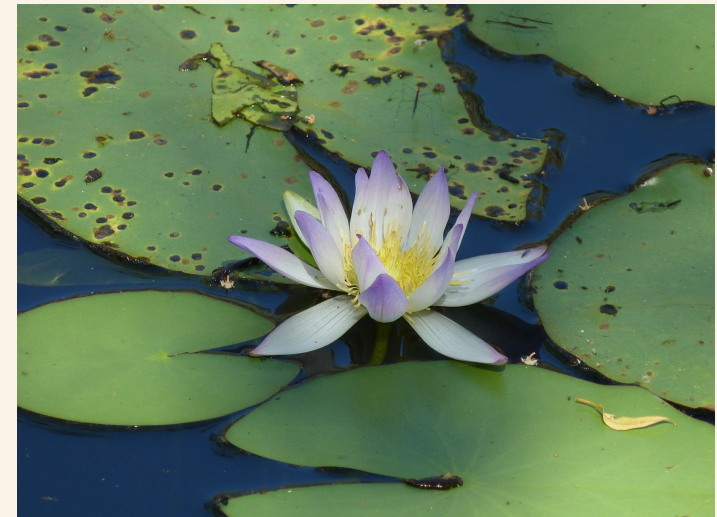


Mindfulness Training Institute  
Australasia

And a Member of:



MEDITATION  
association of AUSTRALIA



 **Boab**  
Health Services

# Spacious

Dear you,

Who always have  
so many things to do  
so many places to be  
your mind spinning like fan blades  
each moment always a blur  
because you are never still.

I know you're tired.

I also know it is not your fault.

The constant brain-buzz is like a swarm of bees  
threatening to sting  
if you close your eyes.

You've forgotten something again.

You need to prepare for that  
You should have done that differently.

What if you closed your eyes?

Would the world fall apart without you?

Or would your mind become the open sky

A flock of thoughts  
flying across the sunrise  
As you just watched and smiled.

- Kaveri Patel

## What is it & how can it help?

Mindfulness Based Stress Reduction (MBSR) was developed in the 1970's by Jon Kabat-Zinn to help people better manage stress, pain, anxiety, chronic health conditions, and depression, as well as improve quality of life, self-compassion and feelings of wellness and contentment.

### Course Structure

The course is structured over eight weeks, which includes a 2-½ hour evening class each week, 45 minutes of daily mindfulness practices, plus a full day 'mini-retreat' held towards the end of the semester.

Classes are held in a safe space and are largely experiential. Included are formal mindfulness meditation practices, gentle movements, discussions about peoples discoveries and ideas for informal ways to use mindfulness in daily life.

A course booklet and recorded mindfulness practices available through a phone app or CD are also provided to help guide you in-between weekly classes.

## Finding Time

Techniques taught are simple but in busy lives, may not be easy. The course requires commitment and curiosity. Please consider this as an experiment of two months for you to test out a range of mindfulness techniques and skills, and to determine the effects they have for you.

### Registration & Costs

Course fees of \$300 will be collected to cover room hire, resources, refreshments and incidental costs.

Reduced fee payments are available for people on a low income.

Courses are arranged within school terms, largely dependent on facilitator availability and collected interest.

To register your interest please call 9194 6820 or email [michelle.chirgwin@boabhealth.com.au](mailto:michelle.chirgwin@boabhealth.com.au)