

Hack your nervous system!

A body-based program to improve your wellbeing.

2 x 1.5-hour beginner sessions + ongoing classes

About this program

Hack your nervous system is a new group program that will allow you to experience scientifically proven techniques to use your body to influence your mood and emotions positively.

Why attend this program?

You will learn techniques to alter your nervous system, including to:

- ✓ calm and soothe when feeling stressed and worried
- ✓ raise energy levels when feeling lethargic and unmotivated
- ✓ balance your tired body and wired mind
- ✓ let go of unhelpful thoughts and relax when trying to get to sleep

What you will learn

- ✓ Breath techniques – diaphragmatic breath, different ratios of inhalation and exhalation
- ✓ Mindfulness and meditation
- ✓ Restorative yoga – supporting the body using bolsters, blocks, blankets in positions designed to release tension and increase relaxation
- ✓ EFT Tapping (Emotional Freedom Technique)
- ✓ Stretching and movement of areas where tension, stress and trauma can be stored



- ✓ Using your senses – music, soft blankets, eye pillows, essential oils

Who can attend this program?

Anyone referred by a GP to Boab Health Services for mental health counselling will be eligible to join this program and attend up to eight free sessions.

You may be offered a place in this program and / or our Emotional Wellbeing program instead of individual counselling. Or you may be invited to attend this program while you are on the waitlist for individual counselling.

What if I don't have a GP referral?

It is helpful if you can discuss a referral to this program with your GP. Contact us if you don't have a GP, and we will clarify if a referral is required.

When is the course held?

This course will usually be held two to three times a month on a Tuesday from 4:30 pm to 6:00 pm. Contact us for upcoming course dates.

Participants are required to attend two beginner classes before attending ongoing sessions.

Venue and cost

Boab Health Services – 5 / 20 Hamersley St, Broome. This program is free for people referred to our mental health service by their GP.

For any queries about this program, contact our Mental Health Triage and Assessment team on:

T: 9192 7888 **E:** reception@boabhealth.com.au

www.boabhealth.com.au