

MINDFULNESS MEDITATION

NORTH LAKES HEALTH HUB

Breathe

Thrive

Spirit

Mind

What is Mindfulness Meditation?

Mindfulness is a form of meditation through which you can focus on being present in the moment. In being mindful of your present feelings and thoughts you learn to focus on your present experience without judgement or analysis. Mindfulness meditation synchronises breathing methods, visual imagery, and progressive muscle relaxation to relax the mind and reduce stress.

Bringing peace to our mind and body, whilst identifying positive aspects of our lives, the Mindfulness Classes aims to explore

- *Benefits of Mindfulness*
- *Tips on how to manage your stress and anxiety*
- *Breathing techniques*
- *Mindfulness activities*



Practicing mindfulness consistently and letting go of overthinking and racing thoughts can considerably reduce stress and anxiety levels. Therefore the key is to observe in the moment and learn strategies on how to react differently.



*Our goal is to enhance your
wellbeing*

**The North Lakes Health Hub
Mindfulness classes run by our
social worker/counsellor who will
help you adopt a new mindset, be
more present in the moment, and
accept our feelings and thoughts in
our body.**



**FOR MORE INFORMATION CONTACT US
PHONE: 07 3491 3994
EMAIL: ADMIN@NLHEALTHHUB.COM.AU**