

# LifeConnect



## Getting Through Tough Times

This 90 minute online webinar offers information and practical exercises to understand and reflect on the stress in our lives, and explore ways to improve our overall wellbeing.

### What topics will the session cover?

- What is stress and how do we experience it
- Our automatic reactions to stress
- Increasing awareness and cultivating calm
- Different ways of managing stress
- Finding our own strategies

### What do I need?

- A notebook, a few pieces of loose paper and pen (a range of colourful pens would be ideal)
- A quiet space where you won't be interrupted while you participate

### How will it work?

In order to access our Zoom workshop, you will need a smart phone or computer and an email address. You do not need to sign up or create an account, simply enter as a guest. When you register your interest via email you will be sent a link to use Zoom. You can click on the link 15 minutes prior to the session. You will do the activities in private and have the option to share video with presenters and other participants.

### When is it happening?

- Thursday 13 August – 2.00 – 3.30
- Thursday 20 August – 2.00 – 3.30
- Thursday 27 August – 2.00 – 3.30
- Thursday 3 September – 10.00 – 11.30

You can book in to our workshops and see what is available here: <http://lifeconnect.eventbrite.com>

Have a question or want to be notified of more dates? Email [Lifecconnect@neaminational.org.au](mailto:Lifecconnect@neaminational.org.au)

All sessions are free and available to people living or working in the following LGA's  
Banyule, Boroondara, Knox, Nillumbik, Manningham, Maroondah, Mitchell (partial), Monash, Murrindindi (partial), Whitehorse, Whittlesea, Yarra Ranges.

LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Near the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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## Thriving Despite the Odds

*A balanced approach to Resilience*

Using simple steps, this 90-minute webinar will explore how we can enhance our resilience through understanding thoughts processes related to stressful events.

### What topics will the session cover?

- The difference between Resilience and Soldering on.
- The Locus of Control Spectrum
- How thinking traps can impact our resilience
- The balance between Self-awareness and self-regulation.
- How to change our thinking during stressful events.

### What do I need?

- A notebook, a few pieces of loose paper and pen (a range of colourful pens would be ideal)
- A quiet space where you won't be interrupted while you participate

### How will it work?

- When you register your interest via email you will be sent a link to use Zoom.
- You can click on the link 15 minutes prior to the session.
- You will do the activities in private and have the option to share video with presenters and other participants.

### When is it happening?

- Wednesday 12 August 10.00 – 11.30
- Wednesday 26 August 10.00 – 11.30
- Wednesday 2 September 2.00 – 3.30

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## Be at Ease: A Series of Mindfulness Workshops

Join us for an exploration of mindfulness as a powerful wellbeing tool. The benefits of mindfulness include reduced stress, greater focus, increased happiness and emotional regulation. These workshops explore different ways to practise mindfulness and develop a practice in daily life. Our time together will include opportunities for guided practice and reflection. All experience levels welcome.

### Four 1-hour Mindfulness workshop modules:

- **Introduction to Mindfulness:** This workshop is the ideal starting point for your mindfulness journey. Learn about the fundamentals of mindfulness and how to bring your practice into everyday life. Establish present moment awareness and be guided in mindful breathing techniques by an experienced facilitator.
- **Mindfulness of the Body:** Our body is always in the present and available to us as the basis of our mindfulness practice. Experience the calming and grounding effects of body scan, awareness of sensations, and mindful movement.
- **Mindfulness and Compassion:** Compassion is a positive way of responding to our own suffering and that of others. It can enhance our wellbeing, happiness and social connections. Explore the relationship between mindfulness and compassion, and learn simple, effective practices for cultivating it in daily life.
- **Mindfulness and the Senses:** We are constantly receiving information about the world through sights, sounds, touch, tastes and smells. Learn how to use the senses as a support for developing mindfulness and present moment awareness. Includes a sensory-based grounding practice.

### When is it happening?

- Wednesday 12 August 2.00 – 3.00 Intro to Mindfulness
- Wednesday 26 August 2.00-3.00 – Mindfulness of the Body
- Wednesday 2 September 10.00 – 11.00 Mindfulness and Compassion
- Wednesday 9 September 10.00 – 11.00 Mindfulness and the Senses

You can book in to our workshops and see what is available here: <http://lifeconnect.eventbrite.com>  
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## “Seeds of Change” A Practical Workshop

In this current environment of constant change and uncertainty we can find ourselves experiencing more stress than ever.

When we live under a constant state of stress our physical, mental, emotional and spiritual health suffers greatly.

‘Seeds of Change’ is a 90 min workshop that provides tools to help you move from a survival mindset to a more relaxed, sustainable and creative state of mind.

### This workshop will help to:

- Draw on your unique inner resources and activate your self-nurturing and a greater sense of control.
- Introduce self-grounding activities that can be used at anytime and anywhere in your everyday life.
- Support you to release the tension and activate your strengths through the use of metaphors connected to the natural world.

### We offer this practical workshop in two parts:

- **Part 1 Seeds of Change** - “Planting the Seeds”. Introduction to the grounding techniques and the metaphors that help in building resilience and re-focusing skills.
- **Part 2 Seeds of Change** - “Establishing the Roots”. The purpose is to review what has worked for you from part 1 and to support you in further learning, re-focusing and grounding techniques.

### When is it happening?

- Monday 10 August 1.00 – 2.30 Seeds of Change “Planting the Seeds”
- Monday 17 August 1.00 – 2.30 Seeds of Change “Planting the Seeds”
- Tuesday 25 August 1.00 – 2.30 Seeds of Change “Planting the Seeds”
- Monday 31 August 1.00 – 2.30 Seeds of Change “Planting the Seeds”
- Monday 7 September 10.00 – 11.30 Seeds of Change “Planting the Seeds”

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