

MINDFULNESS BASED STILLNESS PRACTICE (MBSP)



SUMMARY

Mindfulness Based Stillness Practice is an 8-week program designed to guide and support participants in establishing and maintaining a regular mindfulness practice.

Participants are guided through a stepwise process to gradually build an extended practice and, through discussion with others, are supported in action planning around possible obstacles that might arise in maintaining a regular practice and integrating it within daily life.

Sessions include both an experiential component that focusses on the doing of the practice itself, in combination with an educational component to build greater understanding around the experience of mindfulness practice, its benefits, the biological underpinnings of its effectiveness and a range of mindfulness practices that are possible.

WHY DO IT?

In a world that is now connected 24/7, the speed with which many of us are now living our lives can often seem overwhelming. As the amount of data that we are now being asked to track and process keeps increasing and expectations around response times keep getting contracted, we find ourselves running to try to keep up, becoming exhausted in the process and losing our ability to focus as we try to multitask to stay on top of our 'to-do' lists and maintain a perception of control over our lives and a sense of meaning and purpose.

An exploding body of scientific research is revealing, however, that many of us are feeling inundated by the ever increasing demands being made on our time and our energy with significant adverse impacts on our health, well-being, cognitive function, productivity, performance and the quality of our relationships with others. The truth is that maintaining this unrelenting state of action is keeping us chronically stressed making us under-perform, unhappy and sick.

Although there are many different strategies that can assist with this, this same body of knowledge is revealing the practice of mindfulness to be a powerful tool for countering these effects. Its effectiveness is such that it is now being used across diverse populations including elite athletes, emergency services personnel such as the police and the military, corporate executives, students across all educational levels as well as those suffering from illnesses such as cancer, anxiety, depression and other chronic disease states.

Just like we can exercise certain muscle groups to build physical stamina and resilience, mindfulness practice is a mental exercise that, after 8 weeks of practice, can create structural changes in the brain to build psychological resilience and enhanced emotional fitness. With this capacity, we can experience a greater ability to remain calm in difficult and stressful situations and manage our emotions to make better

decisions and act more skilfully to achieve more effective outcomes for ourselves and others across both our personal and professional lives.

WHAT YOU WILL LEARN

- The benefits and neuroscience of mindfulness
- The human negativity bias
- The 3 styles of meditation
- The 3 steps of MBSP: Preparation, Mindfulness and Stillness
- Postural and attitudinal aspects of MBSP
- Mindfulness of breath
- Mindfulness of body
- Mindfulness of emotions
- Differentiating emotion from feeling
- Meditative techniques to deal with challenging situations
- Dealing with thoughts and the nature of the thinking mind
- Distinguishing between thinking and awareness
- Focussed and open awareness
- Managing resistance
- Gratitude meditation
- Informal mindfulness practices and mini-meditations including use of the mindful S.T.O.P.
- Action planning for integrating mindfulness into everyday life

LEARNING OBJECTIVES

As a result of participating in the program it is expected that participants should be able to explain the concept of mindfulness and the biological basis of how it works and will have established a regular mindfulness practice for continuing after the program has been completed.

STRUCTURE: Participants meet weekly for 2 hours for 8 sessions. For those who are unable to attend physically, the option of virtual attendance may be discussed.

COST: \$495 (GST incl) for the 8-week program (concession available). Cost includes workbook, guided meditations and email and telephone support between sessions.

ENQUIRIES: Please email Jennifer at jarnoldlevy@me.com or call her on 0413 885 919.

ABOUT YOUR FACILITATOR

Sessions are facilitated by Dr Jennifer Arnold-Levy, Founder of *Making Emotions Work*, an organization dedicated to facilitating individuals cultivate emotional agility and balance to help build resilience, promote peak performance and overall health and well being.

Click [here](#) to connect with Jennifer or learn more about her work

FOR BOOKINGS, CLICK [HERE](#)