MINDFULNESS GROUP
Enhance your psychological well-being

What is Mindfulness?
Have you ever driven your car and your mind is miles away, thinking of the other million things you have to do that day? When you are in this state of “auto-pilot”, you are not focused on your current experience and are not in the “here and now”. Mindfulness is the opposite of being in “auto-pilot mode”. It’s a skill that can free you from being overly preoccupied with your thoughts about the past and future that can easily stress you out.

What are the benefits of Mindfulness?
Learning to be more mindful has many benefits. These include:
- Reduced stress in everyday life
- Better health outcomes
- Thinking more clearly and not buying into unhelpful ways of thinking
- Gives you more choice on how to respond to your feelings
- Becoming more focused on tasks, activities, and the pleasurable moments of life.

About the Mindfulness program
Provisionally registered Psychologists undergoing advanced post-graduate training at Griffith University School of Applied Psychology will be running a group mindfulness program of 6 to 12 people, 7 sessions, once a week over 8 weeks. Anyone interested in developing their mindfulness skills while meeting new people, can participate. Please note that this program is not suitable for people suffering serious mental health issues.

When?
- Group 1: Thursdays 5:30pm – 7:30pm (13th Sept – 1st Nov)
- Group 2: Mondays 5:30pm – 7:30pm (8th Oct – 26th Nov)

Where?
Griffith University Psychology Clinic, Mount Gravatt Campus

Price?
$60 total – Includes 7 session program, handouts, audio files

Interested?
If you are interested in attending these groups or want to find out more, contact: psych-clinic@griffith.edu.au or phone 3735 3301