

Art for Mindfulness and Wellbeing

Who: Suitable for a wide range of people who are experiencing mental illness. Participants do not need to be artistic or creative, as the exercises used in each session have been developed to encourage self-expression as a way to learn the fundamental skills of mindfulness.

Recommended for those who wish to:

- practice psychological flexibility, such as being able to observe difficult feelings in a non-judgmental way
- learn skills to manage and reduce the symptoms of stress, anxiety and depression
- develop healthy coping skills and learn ways to focus
- improve self-esteem and confidence
- express creatively issues and emotions that are difficult to put into words

Content: Art for Mindfulness and Wellbeing uses art making in a clinical setting as a way to practice mindfulness skills that can later be applied at home or in the community. In the sessions, participants work creatively to: get in touch with a current feeling or body sensation; learn mindfulness of breath and body-scan; develop a sense of gratitude and appreciation; as well as practice loving-kindness meditation.

Artworks provide a concrete example of mindfulness which can assist participants to reflect on their meditation experience. The Art for Mindfulness and Wellbeing program gives participants a chance to interact with others in a confidential group environment where they can learn skills that will enhance their sense of wellbeing

When: Wednesdays throughout the year.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

9468 0177 or email dayprogram.intake@healthscope.com.au

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