

Mindfulness

Managing anxiety and diStreSS with mindfulness

管理焦慮和正念與認知



Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. ... When we practice **mindfulness**, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Program :	Mindfulness (MFN4)
Date & Time :	Thursday, 2:45 pm - 4:15 pm from October 3, 2019
Location :	Youth Centre Angus Glen Community Centre
Registration :	Email to programs@agoac.ca
Coordinator :	Fui Chong
Instructor :	Natalie Cheung Registered Social Worker (Master Level) Psychotherapist Mindfulness-Based Cognitive Facilitator

Proposal for the mindfulness program

from October 3, 2019 to June 11, 2020

The name of the program : **Managing Stress and Anxiety with Mindfulness**

Date : Thursday, Oct 3 to Dec 19, 2019 (12 classes)

Time : from 2:45 to 4:15 pm

The name of the program : **Mindfulness Self Compassion**

Date : Thursday, Jan 2 to March 19, 2020 (12 classes)

Time : 2:45 to 4:15 PM

The name of the program: **Mindfulness Refreshing group**

Date: Thursday, April 2 to June 11, 2020 (11 classes)

Time : 2:45 to 4:15 pm

Curriculum for Mindfulness Refreshing Group

at Youth Centre of Angus Glen Older Adults Club on every Thursday
2:45pm to 4:30pm from April 18 to June 13, 2019 (No class on June 6, 2019)

Session	Date	Theme	Resource	Video
1	April 18, 2019	Self Compassion Kindness	Finding Peace in a Frantic World	
2	April 25, 2019	Gratitude Forgiveness	Finding Peace in a Frantic World	
3	May 2, 2019	Accepting/Approaching for a moment vs Avoiding		Guest House
4	May 9, 2019	Ruminating /Problem solving/Avoiding vs Acknowledging for a moment		Riding on a bus
5	May 16, 2019	Awareness and Letting go of 10 Cognitive Distortions	10 common cognitive distortion worksheets	
6	May 23, 2019	Striving/Unrealistic expectation vs Non striving/Process-oriented/Being		Goal versus Values
7	May 30, 2019	Mindful talking	Mindfulness-Self Help and Help others workbook	
No class on June 6, 2019				
8	June 13, 2019	Nine mindful qualities Sustaining the Learning		9 mindful qualities by Jon Kabat-Zin



Mindfulness-Based Cognitive Therapy

正念認知治療法課程

posted 2019-02-08 09:06 by John Chan

This is one time 6 weeks 2 hours **registered free program**.

Start on Thursday February 14, 2019

from 2:00pm to 4:00pm at Youth Centre

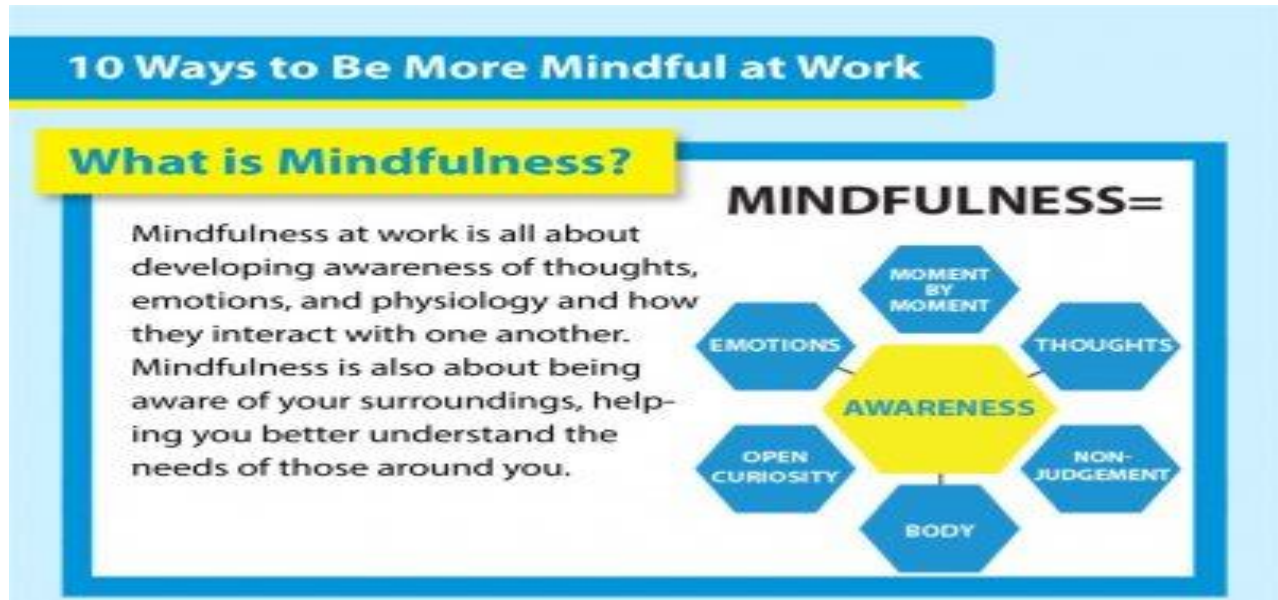
Spot are limited (25), on first come first serve.

For registration, please send email to programs@agoac.ca
quoting membership number and name.

Mindfulness-Based Cognitive Therapy (MBCT) group

Based on an Evidence-Based model at the Oxford Mindfulness centre in England
& the Centre For Mindfulness Studies in Canada

It is recognized as the effective psychotherapy by the National Institute for Clinical Excellence in 2004



Where did mindfulness come from?

For thirty years, Dr Jon Kabat-Zinn pioneered the integration of Mindfulness meditation in mainstream medicine and healthcare. The Stress Reduction Clinic has taught Mindfulness-Based Stress Reduction at the University of Massachusetts Medical centre since 1979. More than 500 hospitals, clinics, and medical centres around the world have carried out these programs.

Evidences from medical researches and reports have proved to gain the following benefits:

- increase self regulation to negative emotions, such as, fear, anxiety, anger, sadness, shame.
- facilitate positive changes on brain
- better quality of sleeping, memory and concentration
- face life challenges with more ease and clarity
- reduce chronic pain
- promote empathy and positive connections with others

Content:

- Paying attention to thoughts, emotions and the body sensations
- enhancing self awareness of negative states and unhelpful automatic reactions
- using mindfulness and CBT (Cognitive Behavioural Therapy) exercises to shift unhelpful attitudes
- cultivating compassion which can alleviate stress from work, close relationships and chronic pain
- reducing habits of unhelpful automatic reactions and develop choices in responding to distress
- developing skills: what to do when low moods and anxiety arise

Format:

- 6 weeks 2 hours lessons
- Mindfulness practices including body scan, mindful breathing, mindful body stretching, 3 minutes breathing space with difficulties
- mindful group sharing and communication
- daily home practice of about 45 minutes each day to maximize the benefit
- each group is limited to 25 participants

Instructor:

Natalie Cheung, a registered social worker (master's level) and a psychotherapist, who completed the Mindfulness-based Cognitive Facilitation Certificate.

正念認知治療課程

Mindfulness- Based Cognitive Therapy (MBCT)

課程以 Oxford Mindfulness Centre in England & Centre For Mindfulness Studies in Canada 的「正念認知治療」課程為基礎,此療法獲英國國家優質臨床治療學院 (National Institute for Clinical Excellence, 2004) 認可

透過正念練習和互相分享,了解自己面對壓力時身心所習慣的反應模式,開始從另一角度觀看事物,培養覺察力,正念態度,從而能夠更深邃的理解力,從「慣性反應」中跳出來,減低焦慮與緊張感。當身心維持平衡安穩,便能更有智慧地回應現實、更有技巧地應對困難,重新享受自由自主的生活。

最新臨床科學實證顯示,持續保持正念練習,能達到以下提昇身心健康的成果:

*改善記憶力及決策力
*提升情緒智商
*頭腦更清晰及專注

*提升人際關係滿意度
*穩定血壓,改善失眠
*減低長期痛楚

*舒緩壓力與緊張情緒
*提升免疫能力
*減低焦慮和憂傷

課程目標

- 認識正念理論
- 體驗正式和非正式的正念練習
- 在日常生活中能細心觀察自己的思想、情緒和身體感覺
- 重整散亂的心,當負面情緒出現時,能更有技巧地回應

內容

- 覺察思想的「自動導航」模式
- 活在思想中
- 重整散亂的心,整頓心身
- 覺察厭惡感
- 容讓事物「如其所是」
- 想法不一定是事實
- 如何善待自己
- 維持與擴展新的學習

課程形式

*正念練習 (靜觀進食、身體掃描、覺察伸展、靜觀呼吸、靜心步行、靜坐、呼吸空間練習)
*短講、小組討論和分享
*家課練習

(每天約 45 分鐘,在盡量出席所有課堂之餘,參加者必須願意用課餘時間練習,以達到最大效果。)

參加人數上限: 25 人

教練:

Natalie 女士是註冊社會工作者 (碩士) 和心理治療師
完成正念研究中心頒發的正念認知療法 (MBCT) 促進證書