

# *Feeling Better through Mindfulness Meditation Practice*



## **Mindful Awareness Stabilization Training (MAST)**

MAST is a four-week workshop that teaches emotion regulation skills through psychoeducation and mindfulness practice. This is a non-clinical workshop, peer led by trained facilitators to help manage symptoms of anxiety and mild depression.

**Join us for a *free* four-week workshop**

**DATES**

**TIME**

**LOCATION**

**Pre-registration is *required*, for more information:**

**Call 1-866-971-5545 or register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**



Self-Management Program  Ontario



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## Session One

### **Mindfulness & the Window of Tolerance**

- Introduction to Mindfulness as a Tool for Self-Regulation
  - Window of Tolerance
  - 3-minute breathing space meditation
    - Mindfulness of sensations
    - Grounding Skills

## Session Two

### **Mindfulness & the Brain**

- Mindfulness in daily life and establishing a regular practice
  - Understanding the Triune Brain and neuroplasticity
- Brain's negativity bias and how to work with it through mindfulness
  - Normalizing wandering mind and importance of returning
    - 10-minute breath practice
  - Mindfulness of sounds meditation

## Session Three

### **Mindfulness & Emotions**

- Mindfulness of emotions in the body
- Adopting a welcoming and compassionate attitude to emotions
  - Seeing emotions as pleasant/unpleasant/neutral
  - Learning to respond rather than react to emotions
    - Standing meditation

## Session Four

### **Developing an Action Plan for Self-Care**

- Develop an action plan for self-care that includes daily mindfulness practice
- Balance actions in life that minimizes stress and maximizes resources for self-care
  - Self-Compassion practice
- Reflection on the past four weeks of mindfulness practice