

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



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