



## **MINDFULNESS COURSE DISCLAIMER**

Mindfulness is being present with our experience in the moment as we live it, an awareness that gives us more choice about how we respond to our own thoughts and emotions and the situations we find ourselves in, and to do so with more kindness towards ourselves and others.

This is not about 'controlling your thoughts' or 'emptying your mind' but about seeing yourself more clearly and beginning to learn how to calm your mind as it is, not how you imagine it *should* be.

The benefits are now well-known and supported by a large body of research: the practice of mindfulness changes the structure and functioning of the brain itself, increasing happiness and quality of life, and reducing stress, anxiety and depression.

This course has been designed to assist you to learn skills to manage day to day stress, build resilience to stress, enhance well-being, and improve your overall effectiveness in day to day work and life.

It is not intended as a substitute for consultation and treatment from a qualified and registered health care provider or health service. If you have concerns about your mental or physical health. If you are experiencing problems with mental health (e.g., anxiety, depression, insomnia etc) or some other form of illness, then it is recommended that you immediately consult either your physician, doctor or psychologist, before deciding on whether to embark on the path of mindfulness training.

In the case of mental health or physical illness, mindfulness training should not be considered as an alternative to professional assessment and regular treatment under an appropriately qualified and registered health care practitioner or service.

While mindfulness training might be considered an adjunct treatment for some types of health problems, and MBSR/MBCT research has previously shown that these programs can help reduce negative mood symptoms, the mindfulness training provided is not a replacement for appropriate evidence-based health care interventions.

It is always recommended in circumstances of physical or mental health that you seek a referral to an appropriately qualified and registered health practitioner first for a careful assessment of your health needs, so they can advise you on the best course of action and refer you to the appropriate service/professional required.