

**\*Limited number of spaces available free of charge for Napo members  
Please enquire early to secure your place**

Commencing Wednesday, 9th March

# Mindfulness based stress reduction



AN 8 WEEK ONLINE PROGRAMME (VIA ZOOM)  
WEDNESDAYS AT 6.30 - 9PM  
PLUS A HALF DAY OF PRACTICE ON SUNDAY 10TH APRIL

Programme aims:

- **Relate differently to worry and feelings of anxiety and better manage stressful situations in both work and home life**
- **Become familiar with the workings of the mind, including the ways we avoid or get caught up in difficulties**
- **Sustain the practice of mindfulness as a self-care tool that can be integrated into work and home life**
- **Explore ways of releasing ourselves from old habits of mind that increase anxiety levels**
- **Reduce the impact of self-judgement and increase self-acceptance**
- **Be able to exercise greater choice in life**
- **Manage interpersonal conflict more effectively**
- **Experience improved feelings of self-worth and compassion for others**

**For more information or to book your place,  
please contact Brigeen  
on 07815067838 or [brigeenmullan@hotmail.com](mailto:brigeenmullan@hotmail.com)**