



Canadian Mental  
Health Association  
New Brunswick  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Nouveau-Brunswick  
*La santé mentale pour tous*

As the province-wide leader and champion for mental health, Canadian Mental Health Association of New Brunswick facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

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CMHANB Saint John & Region

# CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK

Saint John office



## MINDFULNESS

A six-week skills-based program designed to introduce you to the benefits and practice of mindfulness in your everyday life and to teach you the basics of mindfulness meditation

**Program dates and location:**

**October 6 to November 10, 2022**  
**March 16 to April 20, 2023**  
**6:30 to 8:30 p.m.**  
**Simonds Lions Club**

# WHAT IS MINDFULNESS?

Mindfulness is an approach to self-care that encourages us to connect with our mind, body and spirit.

Mindfulness is a non-judgmental way of paying attention in the present moment to what is happening within us and around us. When we pay attention in this way, we see things more clearly and develop a greater understanding of why things are the way they are. Mindfulness takes you out of your same old patterns. You are no longer battling your mind in the boxer's ring - you are watching, with interest, from the stands. The detachment doesn't lead to passivity, but to new ways of thinking. This is especially helpful in anxiety and depression, which plagues sufferers with relentless ruminations.

Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health. Each week, new mindfulness techniques will be taught and practiced within the group setting.

*Why meditate? Because of the risk that your whole life could go by and you would miss it - because you were absorbed in what you thought you needed to be doing. You weren't really examining the choices that you make. You may feel like you are responding to forces that are beyond your control; therefore, you feel imprisoned in your life. My own view is that as long as we're breathing, we have lots of options.*

**(Jon Kabat-Zinn)**

## The goals of *Mindfulness* are to learn:

1. Practical skills to calm your mind and increase concentration.
2. To have an increased ability to regulate our emotions.
3. Systematic ways of changing negative thought patterns.
4. Methods to reduce stress and pain, both physical and emotional.
5. Ways to connect with our body, mind and spirit.
6. To cultivate kindness and compassion towards self and others.
7. Inner peace.

Participants are asked to do homework each day to learn and practice the techniques of mindfulness.

*A good head and a good heart are always a formidable combination.*

**(Nelson Mandela)**

### Confidentiality and privacy of sharing within the group is strongly promoted.

There is no cost to attend this program. Space is limited. Pre-registration required.

***This program will be held every Thursday evening from 6:30 to 8:30 p.m. at Simonds Lion Club located at 185 Loch Lomond Rd, Saint John***

**Advanced registration required.  
Please contact us at  
(506) 652-1447**

# WEEKLY AGENDA

## I. Introduction to Mindfulness

Foundations of formal and informal mindfulness. Stress self-assessment. Meditation instructions: mindfulness of breathing.

## II. How to Practice Mindfulness

Patience. Working with perceptions. The wandering mind. The STOP exercise.

## III. Thoughts and Feelings

Awareness of breathing meditation. Attention vs. inattention. Mindfulness of feelings.

## IV. Non-Judging

Responding vs. reacting. Seeing our mind trap patterns and thoughts as events. Can I be kinder to myself? Introduction to loving kindness meditation. Taking the leap and freeing ourselves from fears.

## V. Letting it Be

Skillful communication. Mindful listening. Attitudes and practices to help develop generosity in formal meditation so that it may arise more readily in our day-to-day life. Working with the five hindrances.

## VI. Trust & Self-Reliance

Learning how to practice on one's own. Mindfulness in everyday life - the program never ends: practice for the rest of your life. Program review and reflection.