



Explore Your Way to Wellbeing

Mindfulness

As part of Mental Health Awareness Week this mini-workshop will provide a brief overview of how to explore your way to wellbeing

This year, the theme is 'Explore Your Way to Wellbeing' with a focus on Mason Durie's 'Te whare tapa wha' model of wellbeing

You will be guided through a brief mindfulness exercise that focuses on your wellbeing

There will also be guidance and suggestions as to how to improve wellbeing through connecting with whenua/land; hinengaro/mind and emotions; tinana/physical body; whanau/connections with people; and wairua/spirit

Monday 23 September, 1-2pm

Wednesday 25 September, 1-2pm

Albany Village Library, Kell Drive, Albany Village, Auckland

THE CENTRE FOR PSYCHOLOGY
ALBANY, AUCKLAND