

ABOUT

Body – Mind Unwind will run twice in the October school holidays.

GROUP 1 - 9am – 11am on:

- Thursday 1st October
- Friday 2nd October
- Saturday 3rd October

GROUP 2 - 9am – 11am on:

- Thursday 8th October
- Friday 9th October
- Saturday 10th October

The cost for the 3-day program is \$375.

Medicare or Private Health rebates may apply. Medicare rebates reduce the cost to \$277.20.

Sessions are held at our Claremont Clinic.

CONTACT US

If you are interested in attending the Body-Mind Unwind Group, please contact us by:



T: (08) 6143 4499 F: (08) 9200 5696
E: reception@lawsonpsychology.com.au



CLINIC LOCATIONS

34 Coghlan Road
Subiaco 6008

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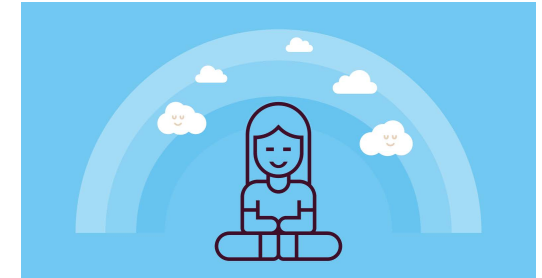
Level 1/20 Bayview Tce
Claremont 6010



WWW.LAWSONPSYCHOLOGY.COM.AU

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Body - Mind Unwind

GROUP FOR TEENS

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STRESS & ANXIETY

THE BODY can respond to stress in a number of ways; increased heart rate, muscle tension, headaches, difficulty breathing, shakiness and feeling dizzy. There may be changes in appetite, decreased energy and difficulty sleeping.

THE MIND can become consumed with worries or racing thoughts when we experience stress or anxiety. It can be difficult to focus and make decisions, and we may become forgetful or disorganised.

While these are all normal reactions to stress, they can be uncomfortable, overwhelming and can impact our mood, relationships, and our performance at work, school and sport.

COPING

There are ways that we can use our body and mind to cope with the symptoms of stress and anxiety.

Yoga has a range of benefits for our physical health and has proven to be effective at reducing stress-related symptoms and anxiety, and improving mood.

Mindfulness is a great tool for calming the mind and helping us to keep our attention on the present moment, rather than getting caught up with worries about the past or future.

Our thoughts and behaviours can play a significant role in how we feel. Becoming more aware of unhelpful thinking patterns and behaviours, and developing more healthy responses, can help us to manage stress and improve quality of life.

BODY - MIND UNWIND

Develop a better understanding of the link between physical and mental well-being and learn how to use both your body and mind to help you manage stress and anxiety.

The Body-Mind Unwind program runs over 3 days with each session including aspects of psychology, yoga and mindfulness.

The program will be led by a Clinical Psychologist and qualified yoga instructor.

Groups will be limited to 6-8 people and are open to girls in Year 10-12.

Wear comfortable clothes suitable for yoga. Mats will be available to borrow or you can bring your own.

No experience with yoga necessary.