

Meditation-based Wellness & Compassion Training ❤️

Positive psychology-based Wellness & Compassion Training ❤️

Coaching-based Wellness & Compassion Training ❤️

Staff Wellness & Compassion Sessions (April schedule)

If you are a health care worker please contact Nickolas.Yu@health.nsw.gov.au for the Zoom meeting number.

Daily online Meditation-based Wellness & Compassion (MWAC) sessions:

Self-care helps us care for others. Drop into any session whenever you can.

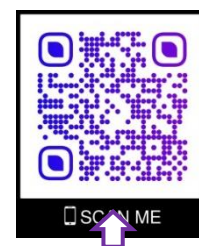
Mondays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Mindfulness*
 Research has found that mindfulness helps to reduce stress and cultivate a clear and calm mind.

Tuesdays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Kindness or Compassion*
 Research has found that kindness and compassion practice helps to strengthen care and connection.

Wednesdays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Gratitude*
 Gratitude practice helps to balance the stress of life, with pleasant and uplifting thoughts and feelings.

Thursdays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Self-compassion*
 Research has found that self-compassion is powerful, but not easy. Practise growing your self-compassion.

Fridays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.50pm** *Guided Deep Relaxation*
 A chance to release physical, emotional and mental tension that has accumulated throughout the week.
 Can't make the live sessions? Try using MWAC meditations @ www.humankindmeditation.com or



'Wellness Soundbite' sessions (informed by positive psychology, coaching & meditation)

These helpful and thought-provoking sessions include a mini-presentation, reflection, and Q&A.

Fri Apr 1	2.45-3.15pm	Meditation clinic (an opportunity to ask questions and share experiences about meditation)
Mon Apr 4	2.45-3.15pm	What are evidence-based wellness skills?
Tue Apr 5	2.45-3.15pm	What are the 2 types of attention?
Wed Apr 6	2.45-3.15pm	Feeling flat or frazzled?
Thu Apr 7	2.45-3.15pm	Use guided practices on www.humankindmeditation.com
Fri Apr 8	2.45-3.15pm	Wellness chat (an opportunity to ask questions and share experiences about wellness)
Mon Apr 11	2.45-3.15pm	What are the thoughts that cause different emotions?
Tue Apr 12	2.45-3.15pm	What is the anguishing, languishing and flourishing spectrum?
Wed Apr 13	2.45-3.15pm	What is shared positivity?
Thu Apr 14	2.45-3.15pm	Being an even better listener by listening for what's at stake for people
Fri Apr 15	2.45-3.15pm	Public holiday
Mon Apr 18	2.45-3.15pm	Public holiday
Tue Apr 19	2.45-3.15pm	The What, Why & How of Mindfulness

Wellness Chat: stay online after 3.15pm with Q&A about wellness, or a friendly listening ear with Nickolas

Research has found that meditation, positive psychology, & coaching can improve wellness and compassion.

Want to learn how to facilitate brief mindfulness practices in the workplace? Contact Nickolas

Thank-you for the care that you are providing people, and for participating in these wellness sessions!

More information: Nickolas.yu@health.nsw.gov.au Program Manager Staff Wellness & Patient & Family-centred Care.

Meditation-based Wellness & Compassion Training 

Positive psychology-based Wellness & Compassion Training 

Coaching-based Wellness & Compassion Training 

Staff Wellness & Compassion Sessions (May schedule)

If you are a health care worker please contact Nickolas.Yu@health.nsw.gov.au for the **Zoom** meeting number.

Daily online Meditation-based Wellness & Compassion (MWAC) sessions:

Mondays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Mindfulness*

Research has found that mindfulness helps to reduce stress and cultivate a clear and calm mind.

Tuesdays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Kindness or Compassion*

Research has found that kindness and compassion practice helps to strengthen care and connection.

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Gratitude practice helps to balance the stress of life, with pleasant and uplifting thoughts and feelings.

Thursdays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Self-compassion*

Research has found that self-compassion is powerful, but not easy. Gently practise growing your self-compassion.

Fridays: *Guided Mindfulness* **10.00-10.10am** + **2.30-2.50pm** *Guided Deep Relaxation*

A chance to release physical, emotional and mental tension that has accumulated throughout the week.

If you can't make any of the live online guided meditations there are freely accessible guided MWAC meditations at @ www.humankindmeditation.com or scan QR code 



'Wellness Soundbite' sessions (informed by positive psychology, coaching & meditation)

These helpful and thought-provoking sessions include a mini-presentation, reflection, and Q&A.

Wed Apr 20	2.45-3.15pm	Hope
Thu Apr 21	2.45-3.15pm	Is empathy dangerous?
Fri Apr 22	2.45-3.15pm	Wellness chat (an opportunity to ask questions and share experiences about wellness)
Mon Apr 25	2.45-3.15pm	Public holiday
Tue Apr 26	2.45-3.15pm	What are the scientific benefits of mindfulness?
Wed Apr 27	2.45-3.15pm	Anxiety
Thu Apr 28	2.45-3.15pm	What is self-compassion and its 3 sub-skills?
Fri Apr 29	2.45-3.15pm	Meditation clinic (an opportunity to ask questions and share experiences about meditation)
Mon May 2	2.45-3.15pm	What is a mindfulness mindset?
Tue May 3	2.45-3.15pm	How can we deal with a wandering mind in mindfulness?
Wed May 4	2.45-3.15pm	Optimism
Thu May 5	2.45-3.15pm	What are the keys to high quality connections?
Fri May 6	2.45-3.15pm	Wellness chat (an opportunity to ask questions about wellness)
Mon May 9	2.45-3.15pm	What are common difficulties that arise during mindfulness?
Tue May 10	2.45-3.15pm	How can I use mindfulness to have less stress, struggle and suffering?
Wed May 11	2.45-3.15pm	Resentment
Thu May 12	2.45-3.15pm	How can self-compassion be tender and fierce?

**Contact Nickolas
for May-June
Schedule of
activities**

Thank-you for the care that you are providing people, and for participating in these wellness sessions!

More information: Nickolas.yu@health.nsw.gov.au **Program Manager Staff Wellness & Patient & Family-centred Care.**

Heart Health

Supporting a compassionate workplace



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