



Build Resilience when times are hard

With Mindful Self-Compassion

An internationally recognised and effective program delivered by **Rosy Green** a nurse, counsellor and homebirth midwife for over 25 years, who lectures in health and wellbeing at the University of Tasmania. She recently trained as a teacher in Mindful Self- Compassion, a simple practice that allows us to 'tend and befriend ourselves'. The approach combines ancient Eastern mindfulness with new Western discoveries about brain function and human connection.

A Grassroots Approach to Wellbeing

Alan Johnson from Wellways Australia, will explore the difference between mental health and mental illness and what symptoms to recognise when someone may be experiencing mental ill health. Recognising that 1 in 5 people will be impacted by mental illness in a 12-month period he hopes to create some discussion about risk factors that may contribute to mental illness and consider some protective strategies. One of the aims of the session is to increase participants' confidence to engage in a conversation with someone that may be experiencing low level mental illness.

Date: Monday October 9th, 6pm-7.30pm

Venue: UTAS, Newnham Campus, A Block, Room A150

ALL Welcome (free event)

For further information email: john.alford@utas.edu.au