

Mindful Living



*Acorn grows into a
mighty oak tree*

*Uncover your inner strength
to ride life's challenges*

WHAT IS *Mindfulness?*

- ▶ **Mindfulness** is a secular, evidence-supported psychological practice
- ▶ **Enhances** awareness and clarity
- ▶ **Effective** in reducing symptoms of depressions and anxiety
- ▶ **Mindfulness** is widely taught in the West: including hospitals, community agencies, Multinational Corporations, US military and prisons

Mindfulness is the subject matter of the recent UK All-Party Parliamentary Report "[Mindful Nation UK](#)".

MINDFUL LIVING ADOPTS A **MINDFULNESS PLUS** APPROACH TO TEACH

- ▶ Mindfulness, plus
- ▶ skills from evidence-based Third Wave Behavioral Therapies

Mindful Living:

A HOLISTIC APPROACH TO MANAGING LIFE'S STRESSORS

MINDFUL LIVING HOLISTICALLY INTEGRATES

- ▶ the core skills of **Mindfulness**
- ▶ **Compassion** in our relationship with self and others
- ▶ **Psychological Flexibility** to manage problems and dilemma, and
- ▶ **Emotional Resilience**

to facilitate a **life-long practice towards**
mental and physical wellbeing



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*Overwhelmed by
constant multi-
tasking?*

*Exhausted by the
race against time
– and against
yourself?*

*Short-fused and
irritable with
colleagues and
loved ones?*

*Floundering to
align conflicting
agendas of
stakeholders
with corporate
objectives?*

DISCOVER

Mindful Living

with Wang Yi Shing

KEY TAKEAWAYS FROM **MINDFUL LIVING**

- ▶ Clarity and Calm
- ▶ Perspective and Acceptance, facilitating Change
- ▶ Self-Compassion and Emotional Wellness
- ▶ Psychological Flexibility to resolve life's dilemmas with Wisdom and Balance

THE TRAINING

- ▶ Is delivered in **2 parts**, each with **3 weekly 1.5 hours sessions**
- ▶ Held in the **evenings, 7.00–8.30pm**, in a small group of **maximum 4 persons**
- ▶ You may commit to only Part 1

For information on dates and time of the training, please refer to “**Training Dates, Time & Costs**” on the website Acorntherapy.sg/Articles

TO REGISTER:

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