



Wise Minds

A six week program for 18-25 year olds, drawing from **Acceptance and Commitment Therapy (ACT)**, that provides an opportunity to develop tools to challenge unhelpful thoughts and difficult emotions, using **mindfulness** practice in such a way that promotes a better quality of life.

The **Acceptance and Commitment Therapy (ACT)** message is 'to accept what is out of your personal control, while committing to do whatever is in your personal control to improve your quality of life'.

The practice of **mindfulness** enables you to:

- Improve focus and concentration
- Increase self-awareness
- Reduce the impact and influence of stressful thoughts and feelings
- Facilitate better relationships
- Catch self-defeating behaviors, and substitute more effective ones
- Become aware of self-defeating thought processes and 'let them go'

Limited spaces available

Location: Headspace Knox

When: Thursday 26th October – Thursday 30th November

Time: 1:00pm – 3:00pm

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