

Mind Recovery College™

Calendar of courses

October 2018

Location – Glen Eira

Glen Eira Sports and Aquatic Centre
200 East Boundary Road
Bentleigh East VIC 3165

Event	When	
<p>Managing stress</p> <p>We all experience stress – some big, some small – whether it’s noisy neighbours, family issues, money worries, challenges at work, looking for work, and so on. Come along to this introductory course to examine the causes and effects of stress, and practical activities and methods that may help you to manage the stress in your life.</p>	<p>Wednesday 10 October 1:00-3:00 pm</p>	
<p>Exploring the experience of anxiety</p> <p>Anxiety is something that everybody experiences to some degree, ranging from worry through to full blown panic attacks. This three-hour course looks at the various forms of anxiety, what they are and how you can begin to find effective methods for noticing and dealing with it, helping you to recover from the effects often associated with it.</p>	<p>Wednesday 17 October 1:00-3:00 pm</p>	
<p>Exploring the experience of depression</p> <p>Experiencing depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live. How people describe and manage depression is unique, but there are often common themes in the experience. This course is a space to increase your knowledge about depressive experiences and to share personal wisdom in discussion.</p>	<p>Wednesdays 24 October 1:00-3:00 pm</p>	
<p>Emotional intelligence</p> <p>Have you ever wondered what it really means to be emotionally healthy and what part emotional intelligence plays in living this way? How do I measure my level of emotional intelligence? Can I learn to develop my emotional intelligence further? In this course we will discuss how we use our emotions when dealing with stress, coping with challenges in our lives, how we empathise with others and our self-esteem. By understanding our emotional intelligence and what has influenced its development, it is possible to bring a greater degree of healing into our lives.</p>	<p>Wednesdays 31 October and 7 November 1:00-3:00 pm</p>	

Stock photos. Posed by models.

Expression of interest to attend any of these courses is invited now!

Visit <https://www.mindaustralia.org.au/eoi-gleneira> and complete the online form.

Mind Connect

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