



# Mindfulness for Self-Care

*“Although caregiving entails great responsibility and much sacrifice, it can be a rewarding journey. To minimize emotional burden and stress, mindfulness can help caregivers to be aware of their reactions towards caregiving, and accept the thoughts, emotions and sensations that may arise from caring for their loved ones.”*

**Amy Khor, Senior Minister of  
State for Health**

*(Extract from speech dated 13 February 2016)*

Mindfulness helps to improve both physical and mental health, bringing about greater control, emotional regulation and self-awareness.

Mindfulness also activates the relaxation response which reduces stress as well as lowers your blood pressure, heart rate, breathing rate, and oxygen consumption.

## **Programs**

- **Mindfulness Foundation Course** (4 sessions)
- **正念静观基础课程** (中文讲解 - 4堂课)
- **Mindfulness Intermediate Course** (4 sessions)
- **Mindfulness Based Stress Reduction** (8 sessions & a 1-day retreat)

*National Silver Academy offers subsidies to Singaporeans & PRs age 50 & above*

*SkillsFuture Credit and Caregivers Training Grant can also be applied*

Check course information, fees and dates at [www.brahmcentre.com](http://www.brahmcentre.com)

- Visit us to register or book online

*“I realised by being present and mindful can bring much joy and peace to my mind and body.”*

Wendy Ang Geok Yan

*“Don’t rush through life in this busy world. Take time to attend to your self care.”*

Sarasvathy

*“A fantastic course - life changing in many ways - on a small and a large scale!”*

Emma Jarman-Jones

Supported by