

## Social and Emotional Support Services

### *Mindfulness*

Mindfulness is the practice of paying careful attention to what is happening in the present moment, whether it be a sight, sound, taste, smell, sensation in the body or mental activity. Practicing mindfulness improves both mental and physical health.

Many people who practice mindfulness find that they are less likely to get caught up in worries about future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others. Mindfulness techniques also help improve physical health in a number of ways. Mindfulness can:

- / Help relieve stress
- / Lower blood pressure
- / Reduce chronic pain
- / Improve sleep
- / Alleviate gastrointestinal difficulties

#### Am I eligible to use the services?

The Mindfulness group is available for people who are over 65 years of age, or over 60 years of age with an age-related illness. Carers of people who fit these criteria are also eligible.

#### When and where?

Groups are available across all metropolitan areas of Adelaide. Please contact us for specific times and locations.

#### What does it cost?

Fees will be discussed at the time of enquiry.

#### Contact details

If you would like more information, please contact our metropolitan community services team:

Phone: 1300 444 663

Email: [HealthcareServicesSocialWorkersDL@helpinghand.org.au](mailto:HealthcareServicesSocialWorkersDL@helpinghand.org.au)

