

## **INVITATION: TALK – Mindfulness: Journey to Healthier Me**

Greeting from Department of Counselling

You are cordially invited to attend the Counselling Colloquium as follows:

**Topic: Mindfulness: Journey to A Healthier Me**

**Presenter: Siti Norazilah Mohd Said**

**Date: 25 November 2015 , Wednesday**

**Time: 2.30 - 4.30pm**

**Venue: Main Meeting Room, Level 1, FCSHD**

Synopsis:

***"Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally"*** ~ Prof. Emeritus Dr. Jon Kabat-Zinn

Mindfulness is an approach which has been widely used in many Western countries for many purposes with different target population. This approach has recently become popular in Malaysia. Basically, it helps us to monitor or become aware of how our mind works. This will help us to de-clutter any unnecessary things and accept life experiences even when it is painful. Previous studies have shown that Mindfulness able to improve well being, physical health, and mental health issues.

"I learned about Mindfulness while doing my Internship back in 2009. Since then, it is been ups and down practicing it in my daily life and at workplace. Here, I would like to share about Mindfulness and how's it works. Mindfulness has greatly impact my lives, helping me out even in tough situations. I hope by sharing this, it may helps you too. So, come and join me this coming Wednesday! =)" ~ Siti Norazilah

An interesting knowledge to share.

Your attendance and participation are greatly appreciated.

Thank you.

Pictures taken from the talk:





