



Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities

Mindfulness groups for residential aged care facilities

Mindfulness is a way to support relaxation. It helps us to be aware of our thoughts, feelings, sensations and surroundings.

Mindfulness can help:

- Manage pain
- Reduce stress and worry
- Improve sleep
- Support emotional wellbeing.

In this group, you will learn different types of mindfulness, meditation, and relaxation activities.

Mindfulness groups are free, low-intensity sessions guided by trained health professionals.

If you're interested in mindfulness groups, contact staff at your facility.

If you would like to learn more about the Supporting Emotional Wellness in Aged Care (SEW) program, contact us:

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www.rasa.org.au/services/adult-health-wellbeing/sew