

## **M-STAR** (Mindfulness-based Stress & Anxiety Reduction)

### **INTRODUCTION**

M-STAR (Mindfulness-based Stress & Anxiety Reduction) is a mindfulness-based stress management program specially tailored for relaxation and wellness. It is based on state-of-the-art research in mindfulness and positive psychology. The program will be conducted in didactic and experiential approach to ensure maximum learning and benefits. It is divided in two parts - M-STAR I (4 weeks) and M-STAR II (4 weeks), with weekly 2-hour meetings and daily exercises and a month break in between M-STAR I and M-STAR II for practice.

### **CONTENT OUTLINE**

Week 1: Introduction to M-STAR, ABC of Stress, What is Mindfulness?, Progressive Muscle Relaxation

Week 2: Mindfulness of 'here-and-now', Deep Relaxation Breathing, Breathing Space – S.T.O.P.

Week 3: Mindfulness of body, Rotation of body awareness, Body Scan & Kindness

Week 4: Pleasant Imagery, Positive Affirmation

Week 5: ABC of Thought, Mindfulness of thoughts, Managing 'Thought Attack', Sound Awareness exercise

Week 6: ABC of Emotion, Mindfulness of emotions, Emotional first aid, Urge Surfing exercise

Week 7: Lotus Imagery, Gratitude exercise

Week 8: Mountain Imagery, Loving-kindness meditation

### **WHO SHOULD ATTEND**

Any adults. Maximum 15 participants per class.

### **TRAINER – DR PHANG CHENG KAR** (BSc., M.D., MMed Psych)

Biodata: Lecturer and Psychiatrist from the Department of Psychiatry, Faculty of Medicine & Health Sciences, Putra University of Malaysia (UPM). Author of 2 books "Don't Worry, Be Happy" & "Don't Worry, Be Healthy". President of Buddhist Mental Health Association (BMHA)

### **MEDIUM OF CONDUCT - English**

**COURSE FEE - RM 650 per pax ; RM1088 (Discounted Price for 2 pax)**

**DATE/TIME – 8 CLASSES** Every Friday 8pm -10pm  
(4 classes in September & 4 classes in November 2010)

**VENUE - WELcafe, Turning Point Integrated Wellness Sdn Bhd**

