This 2 hour group workshop is helping farming families establish Rural Mindfulness in the home and business . Helping rural communities across regional NSW not only cope but thrive in their busy environments. Learning how to enjoy what matters most even during the peak periods of workload.

**The science of mindfulness**

Science is now helping us understand exactly how mindfulness benefits the brain and our overall health. The prefrontal cortex of the brain is activated, assisting with self-control, self-awareness and how we process stress. Our ability to plan, regulate emotions and overrule automatic behaviour also improves. The Amygdala (our fear centre) which transmits the fight or flight response is less reactive, helping us handle pressure with a calm steady strength.

So by learning how to integrate Rural Mindfulness into your busy day, you will actually be building new neural pathways. It’s like getting fit from the inside out. You will notice your energy levels improve, tension leave the body and be able to make clear decisions quickly. These are the skills you need in a rural business and home.

**Who will benefit from this training?**

* Farmers who feel like they are on a treadmill with the months passing by quickly and those looking for more balance in their lifestyle will enjoy a sense of managing stress and pressure well.
* Farming families who would like to feel like a team, working towards achievable lifestyle goals, creating healthy home and work environments, focusing on what matters most.

**What will you learn?**

\* What is Rural Mindfulness?

\* The 10 Rural Mindfulness Techniques for long term health and happiness.

\* Stress Busters in the farming workplace.

\* How to have a better sleep.

\* How to reduce aches and pains with restorative movement to rest and repair.

 For further information or to book a workshop near you please contact Narelle Hunter 0427 822 844