FREEDOM WELLNESS

Aware:

A Mindfulness Programme



The Aware mindfulness programme helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasise the present, establish greater mind-body balance and increase overall wellbeing.

Features include:

- Six telephone sessions with an Aware specialist who is trained in mindfulness
- An individual practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide

FREEDOM
HEALTH INSURANCE