

# Mindfulness 101: How to tackle stress & uncertainty

## 26 Nov 2020



### Introduction

Mindfulness 101 is a wellness programme to support staff. While anyone who works long hours or at a high-stress job is vulnerable to burnout, healthcare professionals are more likely to experience a higher level of stress as compared to other professions. They are especially at high risk of experiencing burnouts which is defined as a “state of physical, emotional or mental exhaustion combined with doubts about your competence and the value of your work”.

Work stress may lead to adverse consequences such as fatigue, absenteeism, turnover, customer dissatisfaction, and for health professionals, in particular, it may lead to incorrect diagnosis and curative action.

Learning and practising mindfulness will help participants to manage their stress and become more adaptable to alternate work arrangements, especially in uncertain times, and increase productivity.

### Course Objectives

Participants will:

- Understand how brain works during stressful times
- Define mindfulness and explain its importance during this uncertain time
- Apply mindfulness strategies to tame the worrying mind

### Target Audience

Healthcare Professionals

### Quick Links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)

### Course Details

Date	: 26 Nov 2020
Duration	: 3 hours
Time	: 2pm – 5pm
Training Mode	: E-learning
Platform	: Zoom Cloud Meetings (Details of the zoom session link will be sent nearer the session date.)
Fee	: S\$90 per pax (SingHealth) (incl of 7% GST) S\$100 per pax (Regular)

### Teaching Faculty

**Jacqueline Leong**

**Founder of JL Counselling & Therapy**

Jacqueline Leong is an experienced psychotherapist, certified mindfulness teacher, and clinical supervisor with National Institute of Education, Monash University and College of Allied Educators. She is a Qualified Mindfulness Based Stress Reduction (MBSR) Teacher from Center for Mindfulness (CFM) in University of Massachusetts Medical School and is certified to teach Paws b and .b mindfulness curriculum by Mindfulness in School Project (MiSP, UK). She has also completed the Mindfulness Based Cognitive Therapy (MBCT) Teacher Training with Oxford Mindfulness Centre. Jacqueline has 16 years of experience working with clients diagnosed with special needs and mental health challenges. Besides providing counselling to clients, she also conducts mindfulness and social emotional competencies talks and workshops for companies and schools.

### Registration

To register, scan the following QR code or click on the web link. Registration closes on **9 Nov 2020**.



<https://tinyurl.com/Mindfulness26Nov2020>

Upon registration, you agree to the following [Terms and Conditions](#).