

Calm at work

Specialists in stress management programs, the SMT Centre has been providing natural, effective and lasting results for over 30 years.

Our successful programs are based on Stillness Meditation Therapy (SMT™), the unique physiological model, developed specifically for the reduction of stress and anxiety, by the eminent Australian psychiatrist Ainslie Meares MD. SMT is not connected to any religious or cultural ideology or belief systems, making it ideal and accessible to everyone. Our team of experienced SMT facilitators bring a wealth of expertise and knowledge, delivering effective programs.

"SMT is a soundly based technique that is particularly useful in the treatment of chronic anxiety states and in teaching clients to manage anxiety and cope better with stress"

Dr M R Stewart, MBBS, F.R.A.C.P., General Practitioner

"SMT has enabled me to become a better husband, father, friend and colleague. I'm no longer consumed by anxiety and I now feel more in control of my life" Alan

The effect of stress

Stress is the second most common cause of workplace compensation claims in Australia, making stress safety at work no longer an option. The Victorian WorkCover Authority (*formerly Worksafe Victoria*), requires employers to ensure both the physical and psychological health and safety of their employees and to implement appropriate measures to eliminate or control any risks. Therefore, providing effective and easy tools for staff to manage stress at work is of paramount importance in today's work environment.

Stress takes a toll on body, mind and spirit, severely limiting one's ability to live and work effectively. Prolonged exposure to a stressful environment can lead to chronic illness, depression, anxiety, panic attacks, injury and serious illness. Even one single stressful occurrence can severely affect one's mental wellness and result in chronic mental or physical illness. Negative effects on the whole organisation can result in reduced productivity and efficiency, increased absenteeism and staff turnover, creating an unhealthy work environment for all.

Addressing mental health in the workplace is not only better for your people, it's better for your bottom line *

(* beyondblue)

The SMT solution

The SMT Workplace Wellness program, will equip your staff with a life-long skill to manage stress.

This effective practice was created to provide mental rest and restore equilibrium to the function of the central nervous system. It activates the body's natural way of coping with distress and is therefore a superior form of stress management for general life and the workplace. From this simple yet powerful practice, immune function is strengthened, resulting in consistently better health and wellbeing. Further benefits include mood stabilisation, increased productivity, efficiency and creativity. Calm workplace interaction also creates better communication within the team, a strong morale boost and a generally happier, healthier working environment.

SMT Workplace programs

Please talk to us about your special requirements. Options available include:

1. Introductory Workshop (1.5hrs or 2hrs)
2. Introductory Workshop + 8 weekly sessions*
3. Introductory Workshop + 10 weekly sessions *
4. Monthly Workshops x 10 (1.5hrs)
5. Refresher Workshop ** (1.5hrs or 2hrs)
6. Maintenance weekly or monthly sessions*

* 45 or 60 minute options offered

** Maintenance options offered as follow up to previous options

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