

RASG TALK 2-3

Saturday, 3rd December '16

SLE Meeting Room
(next to AFM Office)

Having a chronic illness like RA can be emotionally challenging. When you are diagnosed with RA, the first thing that may arise are the powerful feelings such as anxiety, uncertainty and fear. After overcoming these initial reactions, the daily challenges posed by RA may increase your risk towards emotional problems like depression, anxiety and stress.

Embracing oneself needs effort. We do harm to ourselves without knowing - self-blame, self-critic, self-pity etc.

Skills on embracing ourselves especially in managing challenging emotions and relationships, based on scientific research in mindfulness, will be shared in this talk. Join us to understand this new perspective of enhancing self-care and emotional resiliency.



The Organising Committee of the RA Support Group cordially invite all members of the RASG and their caregivers to the RASG Talk.

HIGHLIGHTS :

Talk: " Embracing Our Own 'GARDEN' "

Speaker: Ms Low Mi Yen

Clinical Psychologist and Trained Teacher of Mindful Self-compassion (MSC).

Updates / Q & A

Refreshments

Please register early to avoid disappointment!

Limited 40 seats ONLY!

Closing date: 21st November '16

Time : 2.30 pm – 5.00 pm

Call AFM T: 03-79606177

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