TRAINING PROGRAMME

MBSR programme

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

20 HOURS / IN PERSON OR ONLINE

A mindfulness learning path focused on understanding stress and developing more conscious responses. Guided practice, reflection and everyday application respect each participant's pace.

Objectives

- Recognise patterns of stress reactivity.
- Experience practices of attention to the body and breath.
- Apply mindfulness in everyday situations of pressure.
- Build a sustainable practice and recognise limits and support needs.

Themes and training dynamics

200 min	**Attention and stress** Psychoeducation, initial practices and reflection on reactive patterns.
200 min	**Body and breath** Guided breath awareness and body scan practices.
200 min	**Mindful movement** Explore adapted movement, sensations and personal limits.
200 min	**Emotions and stress responses** Observe thoughts and emotions; practise pausing before responding.
200 min	**Relationships and everyday life** Mindful listening and exercises for work and relationships.
200 min	**Integration and continuity** Integrated practice, a personal plan and learning assessment.

20 hours generally spread over 24 sessions of 50 minutes, adjustable to experience. Complementary home practice; does not replace healthcare.

Less stress, more presence.

João Paulo Pereira · People & Organisations

jpp@hygge.pt / +351 963 476 723 / jpsper.com