

29 October 2014

New stress reduction tool for Thai Speakers

As part of Mental Health Month, the Albion Centre has launched the CD, *Mindfulness: a new resource in Thai (Mindfulness)* - a key stress reduction audio resource translated into Thai, for use by and with the local and wider Thai community.

Based upon Buddhist traditions, mindfulness is a stress reduction skill that is used extensively by doctors, psychologists and other professionals to help people better manage their thoughts and feelings.

The practise of mindfulness encourages people to focus on what is happening in the present moment, with openness and a sense of compassion.

Brendan Crozier, Clinical Psychologist and Project Manager, Albion Centre, said extensive research has shown mindfulness benefits emotional wellbeing, as well as physical health.

“The skill of mindfulness is generally beneficial. An example where mindfulness has psychosomatic benefits is in the reduction of blood pressure and improvement in immune functioning,” Mr Crozier said.

An English version of *Mindfulness* was produced by NSW Health, and has since been used extensively within NSW mental health facilities.

Thai was chosen as it is the most prevalent non-English language spoken by clients of the Albion Centre.

Mindfulness was professionally translated from the English version and developed by the Albion Centre in consultation with the Thai community.

“Our clients represent a broad range of the community. It’s fantastic to be able to provide resources that are culturally sensitive and can make this skill more accessible,” Mr Crozier said.

The Albion Centre promotes the health and well-being of people affected by HIV and high impact current and emerging infectious diseases. It also provides HIV and sexual health testing and care to high risk populations, through comprehensive HIV treatment, care and support from a team of specialists; doctors, nurses, nutritionists, pharmacists, psychologists and social workers. Appointments are free and available via phone or by walking in. Referrals are not needed for most services.

The Albion Centre also provides face-to-face and online education and contributes to improving global health through Albion International.

The launch of *Mindfulness* was held last week and included speeches by prominent Sydney-based Thai community members. A copy of the CD and other materials were also provided.

Mindfulness is available to download on the Albion Centre’s website at: www.thealbioncentre.org.au

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