



Mindarma

Look after what matters most.

To take care of mental wellbeing, invite your team to take time out with Mindarma.

- Practical psychological skills, proven protection
- 10 short interactive sessions (each around 15 min)
- Available on computer, tablet or smartphone

Get it free! Normally \$99, Mindarma is now available free to owners and employees of South Australian small and family businesses.




[Register now](#)

Explore to restore.

Nourish your mind with hundreds of helpful resources in Mindarma's Brain Food continuous learning platform.



[Explore now](#)



Mindarma
BRAIN FOOD

Videos | Podcasts | Articles | Books | Indigenous Wisdom
Quotes | Mindfulness | Events | Research | Activities

Gain expert insights.

Take part in psychologist-led skills sessions and 'how to' practicals featuring leading experts.

Mindarma Events Schedule 2024*

South Australia time zone

Event Name	Month	Day / Dates	Time**
Manager Essentials How to cultivate a culture of care	February	Monday 19	11:30am – 12:30pm
Mindfulness The neuroscience and benefits	March	Wednesday 13	11:30am – 12:20pm
5-Day Mindfulness Challenge Develop a daily mindfulness practise	March	18 to 22	11:30am – 11:45am
How to: Stay well in a burnout culture	April	Wednesday 10	10:30am – 11:00am
Mindful May Four-part series: the science and practise of Self-Compassion	May	Wednesday 8, 15, 22, 29	11:30am – 12:10pm
How to: Eat for good Mental Health	June	Wednesday 12	11:30am – 12:20pm
How to: Get a good night's sleep	July	Wednesday 24	11:30am – 12:00pm
How to: Reduce digital stress	August	Wednesday 7	11:30am – 12:00pm
Women's Health Week Panel	September	Wednesday 4	11:30am – 12:20pm
Science & Practise of Self-Care (RU OK DAY)	September	Thursday 12	11:30am – 12:20pm
Mindarma's 10-Day Challenge (Core Resilience Skills)	October	14 to 25	
The Healing Power of Nature	November	Wednesday 6	11:30am – 12:20pm

*Events schedule subject to change. **Time zone: ACST/ACDT.



Never miss an event! By registering for Mindarma you will automatically receive invitations to all upcoming events. Enjoy all events live or on demand.

[Register now](#)

