

# Online Group Programs for East Gippsland Bushfire-Affected Communities



## Right Now Zoom Yoga (RNZY)

A free, eight-week, online program to support people who have been affected by multiple life challenges, including the East Gippsland bushfires, to heal and move into the future with confidence.

*Right Now* is an evidence-based program which uses mindfulness and other non-verbal practices such as chair-based yoga to calm the mind, promote self-compassion and restore energy and a sense of peacefulness. It also seeks to help you reconnect with feelings of pleasure, purpose and joy.

### This program will cover the following topics:

- How chronic stress affects the nervous system
- Mindfulness and visualisation
- Body-based soothing techniques to regulate the nervous system
- Self-compassion and gratitude
- Trauma-sensitive yoga
- Identifying values and strengths
- Support with how to improve your relationships
- Planning for the future and moving towards your best self

## Zoom Achieving Better Sleep (ZzzzABS)

A free, six-week program to help people, who are experiencing sleep problems due to life circumstances including the East Gippsland bushfires, to find better sleep patterns resulting in ongoing better sleep outcomes.

It is a well-known fact that insufficient sleep is detrimental to our physical and mental health and wellbeing, often contributing to confusion, memory difficulties, reduced learning ability, challenges in task performance, symptoms of stress, anxiety and depression, relationship challenges and a reduced sense of enjoyment in life.

### This program will cover the following topics:

- Understanding the experience of sleep
- The importance of sleep
- Problems that may arise from insufficient sleep
- Managing distressing dreams
- Identifying and mitigating barriers to sleep
- How to drop into sleep
- How to establish good sleep patterns
- Using Chi Kung and Tai Chi Meditation and breathing techniques to promote better sleep
- Balancing moods prior to sleep
- Sleep aids

## Who can attend?

Anyone impacted by the East Gippsland bushfires and in need of support.

If numbers permit, we may also offer gender-specific groups for those who have this preference.

## How are programs delivered?

- Programs are interactive and delivered via weekly Zoom video-conferencing sessions.
- Both programs are offered four times a year.
- All participants take part in a free, individual intake appointment prior to starting the program.
- All participants will receive a hard-copy program manual before the program starts.
- Zoom sessions run for 1.5 hours.
- Participants will also receive weekly, 30-minute follow up phone calls to check your understanding of the course materials as they apply to your individual circumstances.
- You will be asked to complete pre- and post-program questionnaires to establish the effectiveness of this program for you.
- We can provide an optional referral for free counselling under our Frontline Bushfire Counselling Program, for those who need additional support.

## How do I get started?

To find out more or to express your interest, contact our Traralgon Centre.

- Call (03) 5175 9500
- Email [traralgon@rav.org.au](mailto:traralgon@rav.org.au)

*Relationships Australia*

VICTORIA