



THE CARINA PROJECT

ATTENTION & EMOTION
REGULATION TRAINING

**“EQUALITY IN HEALTH IS
A BASIC HUMAN RIGHT
FOR ALL AUSTRALIANS”**

AUSTRALIAN BUREAU OF STATISTICS

In 2020–2022 of the

1.4 MILLION PEOPLE
aged 16–85 years in **SOUTH AUSTRALIA**

40% = 564,200 people
had a lifetime mental disorder

21.6%

304,500 people

had a 12-month
mental disorder

16.6%

23,4014 people

had a 12-month
affective disorder

6.6%

93,041 people

had a 12-month
anxiety disorder

3.9%

54,979 people

had a 12-month
substance use disorder

South Australia
Mental Health
Stats ABS

In 2020–2022 of the

19,829,600
PEOPLE

aged 16–85 years in

AUSTRALIA

**HAD EXPERIENCED A 12-MONTH OR
LIFETIME MENTAL HEALTH DISORDER**

21.5%

of people aged 16–85 years
had experienced a mental
disorder at some time in their life,
with anxiety being the
most common group

42.9%

of people aged 16–85 years
had experienced a mental
disorder at some time in their life

38.8%

of people aged
16–24 years had a
12-month mental disorder

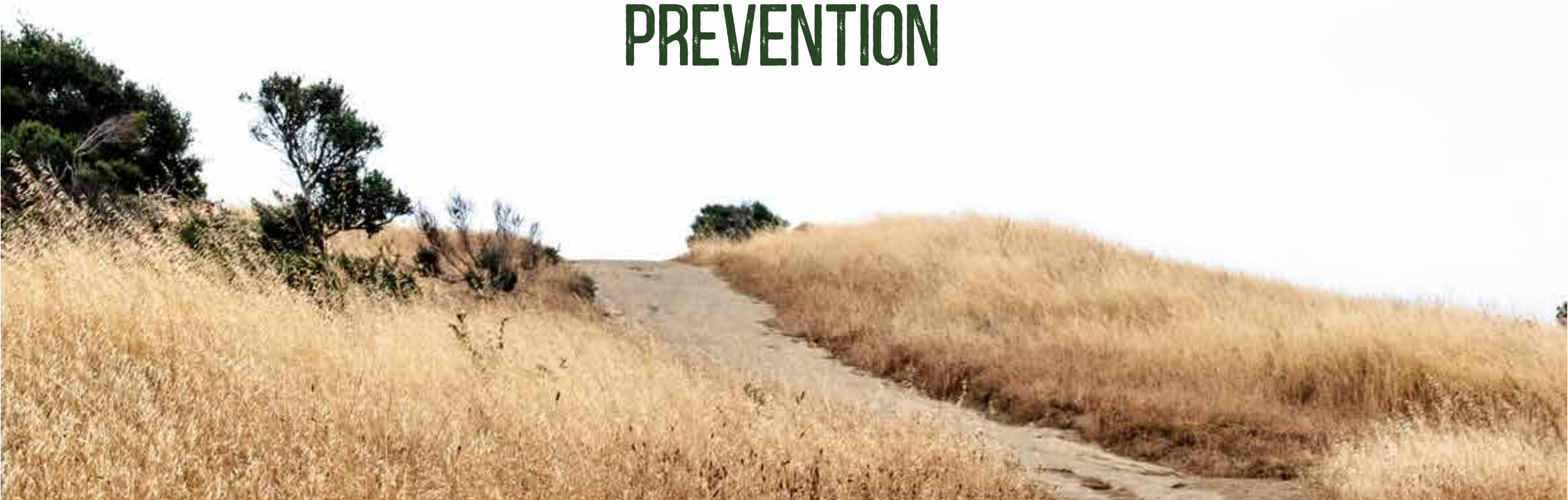
Australian Mental Health Stats ABS

MENTAL HEALTH

PROMOTION

EARLY INTERVENTION

PREVENTION



Mindfulness Training is **attention and emotion regulation training**. A clear mind is essential for a healthy body and fulfilling personal and professional life.

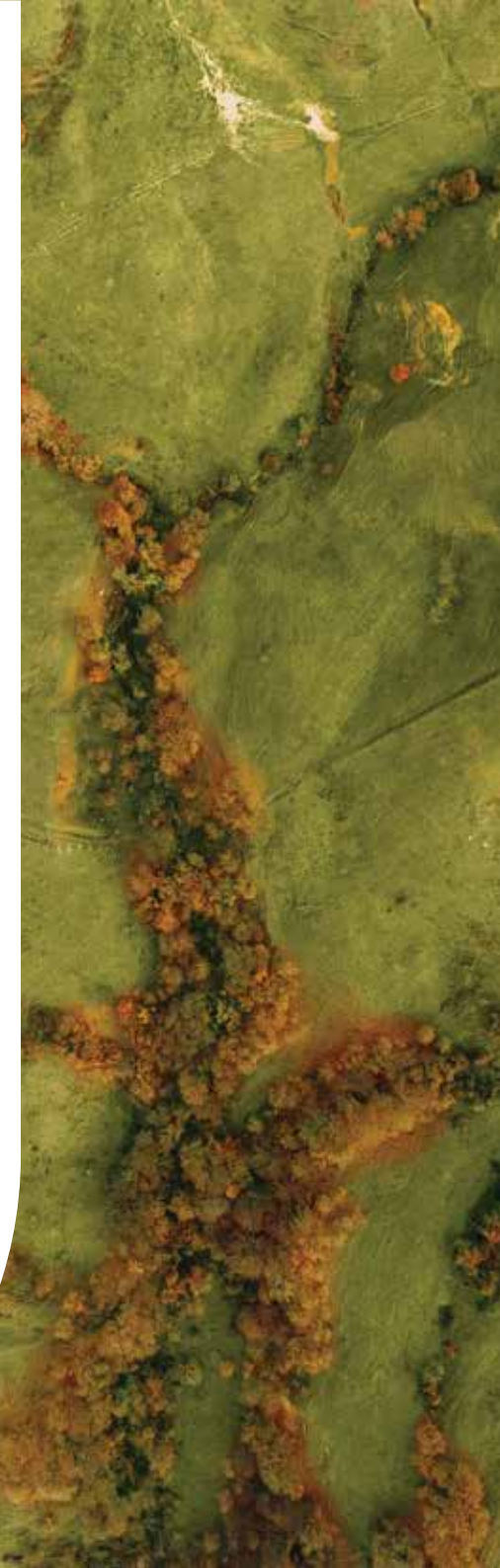
Our mind-body complex is a biofeedback system within our biological systems. Cardiovascular and respiratory systems, hormonal, digestive, nervous and muscular systems all link into a **finely tuned environment - you**.

When we're stressed, fatigued, burnt-out, we often ignore what our body is telling us - time to rest, eat nutritious food, maintain clear boundaries. Instead, we eat fast and on the go, drink alcohol, say yes to everyone and everything. **Our lives can become overwhelming.**

THERE ARE PRACTICAL AND SIMPLE TOOLS TO
APPLY EVERY DAY THAT WILL ENSURE YOU'RE
TAKING GOOD CARE OF YOURSELF;
IT STARTS WITH YOUR BREATH.

Mindfulness can't be learnt by talking or reading
about it - **Mindfulness is Experiential** - this is
training from the inside out.

Mindful breathing attunes
your mind and body to
your present moment.



**Neuroscience research affirms the
direct positive effects of a
daily mindful and breathing practice.**

Yi-Yuan Tang, author of 'The Neuroscience of Mindfulness Meditation: How the Body and Mind Work Together to Change Our Behaviour'; states in his book that research over the past two decades broadly supports the claim that mindfulness meditation — practiced widely for the reduction of stress and promotion of health — **exerts beneficial effects on physical and mental health, and cognitive performance.**

Neuroimaging studies have begun to uncover the brain areas and networks that mediate these positive effects.



LONG TERM BENEFITS OF A DAILY MINDFULNESS PRACTICE

IMPROVES & SUSTAINS ATTENTION

REGULATES EMOTIONS

CULTIVATES SELF-CONTROL

REGULATES CORTISOL PRODUCTION WHICH LEADS
TO IMPROVED IMMUNE FUNCTION

ENABLES PRESENT-AWARENESS LIVING

REDUCES ANXIETY, AND ASSOCIATED MENTAL DISORDERS

CHANGES HABITS & ADDICTIONS



**“THE NEARER A PERSON COMES
TO A CALM MIND,
THE CLOSER THEY ARE
TO STRENGTH.”**

MARCUS AURELIUS

JAROD CHAPMAN

Mindfulness Teacher | Fitness Coach | Sport Masseur | Writer

I have twenty five years' experience in the health, fitness and wellness industry. My career has taken me all over the world working with CEO's, entrepreneurs, professionals, artists - people from all walks of life.

In years past, I've volunteered my professional services to the YMCA assisting people living with HIV, taught teenagers at community city schools in Central London, and co-hosted charity events; raising awareness of positive mental health through exercise, healthy nutrition and meditation.

My media ambassador role for Slendertone, Bio-medical Research Ltd, offered me the opportunity to write and present healthy living to multi-media platforms & editorial throughout the UK.

I coauthored 'The Power of Yoga For Men', Bloomsbury Publishing. I'm represented by David Luxton Associates Literary Agency. I have a multi-disciplined skill set founded in physical fitness, breath work, therapeutic massage, coaching and mindfulness practices.

I'm actively seeking opportunities to positively improve the mental and physical health of individuals, rural communities and organisations alike.

Industries of particular interest and importance are mining, energy, and construction.

Referees

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