

Mindfulness sessions – further information

Mindfulness is the natural capacity we all have to bring awareness and interest to what is happening in the present moment. There is now very good evidence that becoming more mindful can support our mental health and well-being. During these difficult times, looking after ourselves as well as our patients has never been so important.

Learning mindfulness can help us to:

- be more aware of our thoughts and feelings
- be kinder to ourselves
- become more accepting of how things are
- respond more wisely to difficulties and stress

Colleagues in the Mindfulness team in the TEWV NHS Trust have been running mindfulness courses for their staff for many years – with great results. Courses are now being made available to all health and care staff within the North East & North Cumbria ICS footprint.

8-WEEK COURSES

Our 8-week courses combine training in mindfulness with elements of cognitive therapy. They take place online (via *MS Teams*) and happen several times a year. The weekly sessions are two and a quarter hours long. Our next lot of courses start in October 2021, so get in touch soon if you are interested.

“The course has changed my life! I am far less stressed than I was and am better able to cope with life’s challenges.”

- Participants (usually 10-15) and the course teacher meet together once a week to follow a structured curriculum.
- The course teaches skills to manage distress and difficulty as well as to appreciate the good things in our lives.
- Attending a course can lead to lasting benefits for our wellbeing, resilience and compassion. We learn to be more ‘present’ in our life and in our work.
- Regular attendance is important, and you will need to do some ‘home practice’ every day to practise the skills that you are learning.
- The course is called *Mindfulness-based Cognitive Therapy for Life* and is adapted from a course that is recommended by the National Institute of Health and Care Excellence (NICE).
- If you would like to attend one of our courses, you will usually need to attend a **taster session** – see below.

Forthcoming 8-week course dates:

Monday mornings, 11am – 1.15pm, 24th January to 28th March 2022 (no 21st February)

Tuesday mornings, 10am – 12.15pm, 25th January to 29th March 2022 (no 22nd February)

Tuesday evenings, 7 – 9.15pm, 25th January to 22nd March 2022

Wednesday mornings, 10am – 12.15pm, 26th January to 30th March 2022 (no 23rd February)

TASTER SESSIONS

- These 2-hour online sessions (via *MS Teams*) will introduce you to mindfulness and give you a 'taste' of what it is all about.
- You might decide to come to a taster session because you want to attend an 8-week course. Or you might come to find out about other ways of practising mindfulness that can support your wellbeing.
- The sessions include information, discussion, and brief guided meditations.
- We have taster sessions booked in at the following times:

Monday, 18 October 3 – 5pm

Tuesday, 19 October 6 – 8pm

Tuesday, 9 November 3 – 5pm

Monday, 15 November 6 – 8pm

Wednesday, 1 December 3 – 5pm

Monday, 13 December 9.30 – 11.30am

Tuesday, 14 December 11am – 1pm

**For further information or to apply to attend a taster, contact us on
tewv.mindfulness@nhs.net or 01325 552017**

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