

## TIME TO TALK HEALTH

# INTRODUCING A MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

Learn skills to cope and live better with pain, stress and illness.

### What is mindfulness?

Mindfulness is learning to live fully in the present moment. It is a practice of paying attention to the moment by moment unfolding of our lives.

In the context of health and building resilience, a training in mindfulness can help you to 'take charge' of your own life, developing inner resources to cope with the challenges of stress, pain and illness. Through the practice of mindfulness we learn to take better care of ourselves, becoming more stress hardy or resilient.

### What to expect?

This educational course requires commitment and self-motivation from participants. It consists of 1 hour long orientation session and 8 weekly 2 hour workshops.

The course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful movement
- Group discussions aimed at working more skillfully with stress and developing awareness in all aspects of life
- Daily home practice to integrate mindfulness into your life

Who this course can help – individuals who are experiencing:

- **Stress** – personal, work, family, illness, etc.
- **Psychological/emotional distress** including anxiety, depression, anger
- **Medical conditions** such as chronic pain or fatigue, diabetes, high blood pressure, heart disease, fibromyalgia, sleep disturbances, irritable bowel syndrome....
- **A feeling of being 'out of control' or 'out of balance'.**

**Contact: 01273 666480 or [sc-tr.ltcreferrals@nhs.net](mailto:sc-tr.ltcreferrals@nhs.net)**



*Excellent care at the heart of the community*