

### How to find out more

- The first step is to come along to a **two-hour Taster Session**.
- At the taster session you will hear more about mindfulness and the 8-week course. You will also try out some brief guided meditations so that you can decide if you want to take things further.
- After you've been to a taster session you may choose to apply for the 8-week course.
- You and the mindfulness teacher will discuss together whether this is the right approach for you at this time in your life.

There are **Taster Sessions** at:

- **St Cuthbert's Church Hall, Colburn Lane, DL9 4LT** on **April 21<sup>st</sup> 2016** and **April 28<sup>th</sup> 2016, 9.30-11.30am**.
- **Methodist Church Hall, High Street, Northallerton, DL7 8EG** on **31<sup>st</sup> March** and **7<sup>th</sup> April 10am – 12noon**.
- **Trinity Centre, St James' St, North Ormesby, M'Bro, TS3 6LD** on **30<sup>th</sup> March** and **6<sup>th</sup> April 9.30 – 11.30am**

8 week courses will commence in May 2016.

#### Contact us

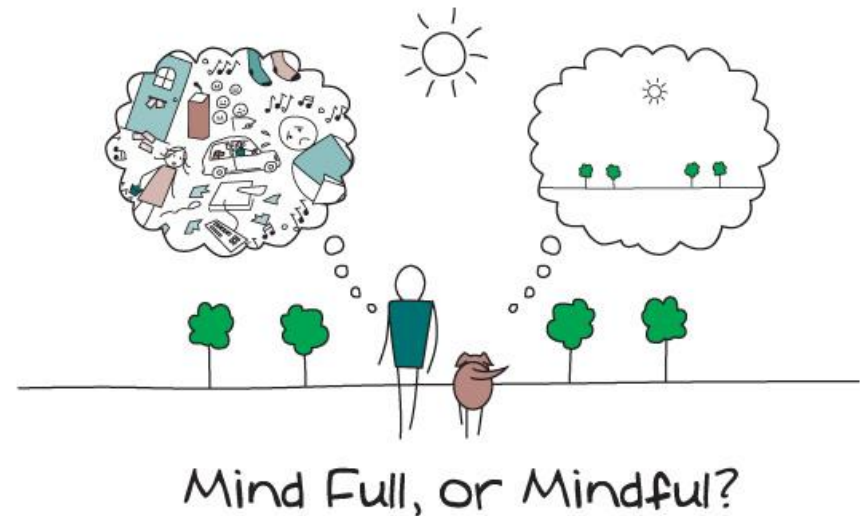
**Jo Cromarty** (07775 113440) - Colburn

**Russell Hodgson** (07796 177853) – Northallerton and M'Bro

For **general enquiries** phone 01325 552017

Email: [tewv.mindfulness@nhs.net](mailto:tewv.mindfulness@nhs.net)

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Do you suffer with repeated  
episodes of depression?

or

Are you stressed by your role  
as a Carer?

Mindfulness could help

making a

difference

together

## Who is the course for?

We are providing these courses for adults (of any age) who are in either of the following situations:

1. Suffering from repeated episodes of depression
2. Stressed by parenting or caring for someone with a mental health problem / dementia / a learning disability.

## Unhelpful habits of mind...

- Many of us spend a lot of time brooding about the past, worrying about the future and being hard on ourselves.
- These habits of mind are difficult to control and they often leave us feeling stressed and low.
- Mindfulness can help us manage these unhelpful habits.

## What is mindfulness?

- Mindfulness is a way of paying attention to the present moment, helping us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we are better able to manage them.
- When we're tuned in to the present moment, the mind is less likely to get caught up in unhelpful patterns of thinking and feeling.
- 'Staying present' is easy to describe but difficult to do – especially when we're feeling stressed, overwhelmed or miserable. Learning to be mindful using meditation can help.

## What might be the benefits?

- Mindfulness helps us to become more familiar with the mind and to work with it more skilfully. The mind becomes more focussed and steady.
- As mindfulness develops, we:
  - become more aware of our thoughts and feelings
  - learn to be kinder to ourselves
  - respond more wisely to difficulties and stress.

## What is a mindfulness course like?

- The course consists of eight x 2 ¼ hour group sessions, normally over consecutive weeks, and one longer session.
- In the sessions you will learn some simple meditations, for example focusing attention on the breath. The teacher will be a qualified mental health professional who is also experienced in teaching mindfulness.
- The course involves practising at home on a daily basis.
- The course takes a lot of time and effort. It is important to attend every session and to complete all the home practice.

## What's the evidence?

- The course we run is called Mindfulness-Based Cognitive Therapy (MBCT). MBCT has been thoroughly researched and is recommended by the *National Institute for Health and Care Excellence* for people who suffer from recurrent depression.
- There is also good evidence that learning mindfulness can be helpful for people who are stressed.