

Mindfulness

Mindfulness, Relaxation & Meditation



For benefits of mindfulness we need to practice.

To practice we need to use our senses.

To use our senses we need to become aware.

Do you struggle with anxiety, stress, self esteem or lack of confidence if any of these words have a meaning to you then Mindfulness, Relaxation & Meditation could become one of your coping skills.

By learning to pay attention on purpose to our thoughts and feelings we can grow in awareness and be more able to manage ourselves instead of reacting impulsively.

But how do you find the right instructor to work with.

Questions to ask;

• **On first contact do you feel at ease talking to them?**

Think about what it is you want to achieve and if the instructor embodies them as you need to connect with each other if you are going to learn.

• **Do they have an understanding of their practice?**

Are they certificated in this Therapy and have a strong personal practice to draw from.

• **Do they treat you with dignity and respect?**

Can you and the instructor communicate, does the instructor have a non-judgemental approach.

• **Are they open and honest?**

Your instructor should be relaxed and at ease, is a caring and compassionate person and will signpost you to other professions if required. Your instructor should complete an initial consultation with you before any course starts.

The benefits could include:

- Greater happiness as mood improves
- Sense of simplicity and calm
- Awareness of the present moment
- A clearer sense of purpose, able to achieve goals
- Relaxation
- Improved confidence
- Improved self-esteem
- Easing symptoms of anxiety and depression.
- Compassion for self and others

Treatment costs

Home treatments (radius outside 5 miles of Crook; extra cost 45p per mile to be added) & various venues.

• Initial treatment:

Cost £30.00 (Time approximately 1 hour)

First treatment to include; (Initial Consultation with form to be filled in and after care advice, sign posting to other professions if needed).

• Follow up treatments;

Cost £15.00 (Time approximately 30-45 minutes)

CANCELLATION FEE

If you cancel within 12 hours or do not attend the appointment then a 50% fee of the normal price must be paid for.

History of Mindfulness

Mindfulness has been practised for over thousands of years its roots are in Buddhist Philosophy and practice and it is not defined as a religion but a way of being. Mindfulness can be practised by anyone no matter what background, faith or religion.

During the 1970s Jon Kabatt-Zinn founder of MBSR (Mindful Based Stress Reduction) adapted Mindful based skills into a structured programme to help people manage physical and mental health problems and enhance their general well being.

Mindfulness is now recognised and recommended by NICE (National Institute of Clinical Excellence) as a treatment for those that have suffered three or more episodes of Depression.

There is now scientific evidence that Meditation when associated with other disciplines derived from CBT (Cognitive Behaviour Therapy) can improve mental and physical health.

Useful websites:

www.mindful.org
www.mind.org.uk
www.nice.org.uk
www.evidence.nhs.uk

www.mentalhealth.org.uk
(for the Mindfulness report 2010.pdf)

We live in a busy world and much of our time can be taken up with lots of demands for our attention.

Mindfulness is a way of coming back to our true selves, of being more fully present to our experiences as they happen moment by moment.

Continued...

By going back to our five senses we become aware of the world around us, we start to take note of our experiences and learn that only we can choose which path we want to take for well being of body and mind.

During your Mindful journey you will work on the following skills:

Skill No.1

Observe the moment: With the use of our inner and outer skills we will be able to notice thoughts as they come and go, and how they are affected by our environment.

Skill No.2

Describing the experience: By putting into words what it is we are observing (inner/outer skills) we will gain a better insight to how our mind (Reason Mind or Emotion Mind) works in different situations.

Skill No.3

Being non-judgmental: By taking on skills 1 & 2 we will be able to stand back, look at the bigger picture and see what is actually happening instead of thinking what is happening and judging or criticizing the moment, this is our chance to be the director of our movie.

Skill No.4

Doing one thing at a time: To be fully present in the moment we have to focus on one thing at time, we will achieve a lot more if we could practice this skill; this will lead to less pressure, less tension and a better quality of living.

Skill No.5

Fully participating in the moment: When being mindful we are fully engaging with the experience at that present time.

Mindfulness

Being alive in the present moment by paying attention on purpose, being non-judgmental to self and others and the world around us. So our response to stressful thoughts and emotions can be handled with insight to what is actually happening.

Meditation

To observe our thoughts, feelings, emotions instead of acting upon them, to free the mind from mental chatter so allowing our actions to be effective, our thinking to be clearer and the mind and body to catch up with each other.

Get in touch today

Call Julie on 07532 159431

Email: julie@mindintime.co.uk

www.mindintime.co.uk