



Mindfulness for emotional wellbeing



Transforming Healthcare Together

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A half day group session, introducing mindfulness practice and relating it to emotional wellbeing.

What is mindfulness?

'Mindfulness is being aware of or bringing attention to this moment in time, deliberately and without judging the experience. So (for example) when we go for a mindful walk...we really notice every little detail and all we encounter – trees, cars, flowers growing out of small cracks, or a cat crossing the road – rather than creating to-do lists'

Adapted from 'The Little Book of Mindfulness' by Dr Patrizia Collard

Research shows that mindfulness practice can have a profound and lasting effect in improving mental health and general wellbeing. This course is aimed at all people with or without prior knowledge of mindfulness, aiming to give simple and effective advice which people can take away and practice.



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The course includes:

- A gentle and accessible introduction to mindfulness
- Using mindfulness as a path to emotional wellbeing
- Emotional disruptions – identifying signs of stress and anxiety
- An introduction to mindful calming exercises to alleviate the symptoms
- A look at how do we recognise when our emotional wellbeing is not at its best?
 - Practical help and tips on being mindful

Research base:

'The effectiveness of mindfulness in reducing negative health outcomes and a wide range of mental and physical health symptoms has been observed in several studies. For instance, Speca, et al. (2000) observed that a mindfulness-based stress reduction program on mood disturbance and symptoms of stress in Cancer patients resulted in reduced mood disturbances and stress symptoms in both male and female patients with a wide variety of cancer diagnoses. Similar effectiveness of mindfulness based stress reduction program in reducing symptoms associated with physical, psychosomatic and psychiatric disorders has been reported (Grossman, et al. 2004). Several other studies demonstrate that mindfulness trait as well as training programs have been found to be very successful in the reduction of symptoms related to chronic pain (Kabat-Zinn, 1982; Kabat-Zinn et al, 1985), generalized anxiety and panic disorders (Kabat-Zinn and Massion, 1992), fibromyalgia (Kaplan et al 1993), and cancer (Speca and Carlson, 2000).' [How Does Mindfulness Training Affect Health? A Mindfulness Stress Buffering Account](#) J. David Creswell and Emily K. Lindsay

'Initial well-controlled studies have suggested that mindfulness training interventions can improve a broad range of mental and physical health outcomes (e.g., HIV pathogenesis, depression relapse, inflammation, drug abuse), yet the underlying pathways linking mindfulness and health are poorly understood.' [Current Directions in Psychological Science 2014, Vol. 23\(6\) 401–40](#)



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