



Mindfulness

steps2wellbeing

What is the course?

This is a 8 session course aimed at people seeking help for maintaining progress with recurrent depression, stress or a long term health condition where another therapy is not indicated to be more appropriate.

Mindfulness is an approach that uses meditation as a way to become more centred. Although Mindfulness does use meditation, it does not have any religious or spiritual leanings. The course is not about relaxing either but is practical and down-to-earth.

■ What is Mindfulness?

We call the kind of moment to moment awareness of one's body, mind and other aspects of our lives mindfulness. It is developed by purposefully paying attention in a non-judgemental way, to what is going on in our body and mind, and in the world around us.

Frequently Asked Questions

How many other people will be there?

We usually have up to 16 people attending the course.

What if I feel too anxious to turn my webcam on or speak?

We understand that the thought of a course can be very anxiety provoking. We would always encourage people to switch their webcam on and speak if they feel able to, as the strength of the course is in building a shared understanding of mindfulness and trying out and reviewing different meditations together. You may wish to build up to switching on your webcam as the first session progresses, just let the group facilitator know at the start.

What if I can't make a session?

Please call 0300 790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.

Please note that our website www.steps2wellbeing.co.uk has lots of valuable information about our service.

Session Topics

- **Using mindfulness to manage difficulties experienced**
- **Mindfulness Meditations**
- **Learning from the experience of Mindfulness meditations**



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