



LIVING MINDFULLY

Introduction to
Mindfulness-based
stress reduction



REDUCING STRESS,
PROMOTING WELLBEING
IN COUNTY DURHAM
AND DARLINGTON



County Durham and Darlington

Mindfulness-Based Stress Reduction (MBSR) is a programme for anyone who is undergoing difficult life circumstances and/or is just wanting to learn how better to cope with stress and stressful events.

Two decades of published research indicates that the majority of people who complete the course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- Greater energy and enthusiasm for life
- Improved self-esteem
- An ability to cope more effectively with both short and long-term stressful situations.

WHAT IS MINDFULNESS-BASED STRESS REDUCTION OR MBSR...?

The core skill that you will learn is 'mindfulness'; a way of paying attention, on purpose and non-judgementally, to what goes on in the present moment in your body, mind, and the world around you.

Mindfulness can enable you to see things differently, undoing mental and physical knots and tensions. It can increase your sense of personal confidence, of having more options and more strength to face the different challenges in your life.

WHO IS THE COURSE FOR?

The course is for anyone who is out of work, on statutory sick leave, managing a return to work or struggling to maintain work.

WHAT THE COURSE INCLUDES...

The course schedule consists of five weekly classes - morning or evening courses are available. This interactive, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful movement
- Group discussions aimed at enhancing awareness in everyday life
- Individually tailored instruction
- Daily home practice and reflection
- Four home practice CDs.

The course can be challenging, however it can also be enjoyable and rewarding. The instructors are accomplished and skilled at creating a safe, supportive, and deeply engaging learning environment.



If you would like to learn how to take better care of yourself and are willing to engage actively to improve your own health and wellbeing, we invite and welcome your participation in our mindfulness-based stress reduction programme.

Programmes are available throughout County Durham and Darlington.

If you think this programme may be beneficial to you please discuss it further with your GP, designated health care or occupational health professional.



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The programme is delivered by Living Mindfully and commissioned by NHS County Durham and Darlington.

Living Mindfully, Derwentside Business Centre, Consett, County Durham, DH8 6BP.

T: 01207 693909

E: MBSR@livingmindfully.co.uk

W: www.livingmindfully.co.uk

Other sources of information

The Mental Health Foundation
www.bemindful.co.uk

The Centre for Mindfulness Research and Practice.
www.bangor.ac.uk/mindfulness