



LIVING MINDFULLY

Referrers Guide to
Mindfulness-based
stress reduction



REDUCING STRESS,
PROMOTING WELLBEING
IN COUNTY DURHAM
AND DARLINGTON



County Durham and Darlington



Living Mindfully Community Interest Company (CIC), is a social enterprise set up to respond to the need for mindfulness coaching in a range of community settings.

Living Mindfully works with individuals and groups interested in learning and practising mindfulness, and learning mindfulness-based strategies to respond to the demands and stresses of their personal and professional lives.

Here at Living Mindfully we are engaged in raising public awareness of the benefits of mindfulness based approaches, delivering Mindfulness-Based Stress Reduction (MBSR) and tailored programmes for individuals and groups of all ages. Our clients are drawn from the public, private and voluntary sectors.

We are currently undertaking a research project into the effectiveness and use of mindfulness in unemployment, and plan future research into the application of mindfulness in social care.

WHAT IS MINDFULNESS-BASED STRESS REDUCTION?

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you – consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.

When we practice mindfulness, we are open to every experience, present in every moment, and in close contact with the unfolding of our own lives. Our awareness develops and becomes spacious, open, and relaxed. When we live mindfully, we slow down enough to understand what's really going on, and can find our way more effectively through difficulties. Through the regular practice of mindfulness, calmness and clarity emerge and help us to find a place of stability and strength.

Mindfulness is rooted in ancient meditation principles and, more recently, scientifically researched and developed to respond to a wide range of defined client groups, including those suffering from chronic pain, anxiety and depression.



The MBSR course schedule consists of five weekly classes. This highly interactive, practical course, pioneered by Jon Kabat-Zinn, includes:

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

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.

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.

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.

REFERRAL PROCEDURE

Health care professionals can refer patients to the MBSR programmes by;

Referral Pro Forma - Adapted to import demographic patient and practice details, compliant with EMIS and TPP systems.

Letter - Living Mindfully,
Derwentside Business Centre,
Consett, Co Durham, DH8 6BP

Email - MBSR@livingmindfully.co.uk

Fax - 01207 693909

Mindfulness-based stress reduction is a non-clinical intervention, therefore anyone requiring or in receipt of clinical support should remain under the care of a health professional for the duration of the course.

RESEARCH & FURTHER INFORMATION

Reading

Baer R.E., 2005, Mindfulness-Based Treatment Approaches, First Edition: Clinician's Guide to Evidence Base and Applications (Practical Resources for the Mental health Professional). Academic Press.

Kabat-Zinn J., 1990, Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness. Delta.

Research

The Mental Health Foundation Report
www.bemindful.co.uk



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

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