



LIVING MINDFULLY

Introduction to
Mindfulness-based
stress reduction



Reducing Stress,
Promoting Wellbeing
in Darlington



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

Research tells us 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.

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?

If you are experiencing stress or anxiety which makes life or work difficult for you, whether your stress comes from the working environment, personal circumstances, illness or chronic pain then mindfulness may be helpful.

What the course includes...

The course schedule consists of five weekly classes. 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.



If you think this course may be beneficial to you please discuss it further with your GP, or healthcare professional.

Courses are available throughout Darlington.

The course is delivered by Living Mindfully and commissioned by Darlington Borough Council.



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