

# Mindfulness

Mindfulness can help us enjoy the world more and understand ourselves better by changing the way we think, feel and act.

Mindfulness is a skill, which we can all acquire. It involves developing an ability to become aware of what is happening in the present, moment-by-moment, rather than being on 'automatic pilot'.

Being mindful involves adopting a kind, open attitude, stepping outside the mind's tendency to worry about and judge everything. Being mindful provides us with the opportunity to respond to difficult events and situations in new ways, rather than just following old patterns.

Getting caught up in worry and distressing thoughts is common for people experiencing mental health problems, staff working in mental health services and the friends and family of people living with mental health and/or substance misuse problems. This course will help you to learn mindfulness techniques that can improve your mental wellbeing.

## By the end of this course, you will:

- Have an understanding of what mindfulness is and how it helps
- Better understand the factors, common to us all, that cause and maintain distress
- Have begun to clarify what you value in life and how to connect with those values to improve your wellbeing
- Improve your response to distress by developing skills in mindfulness
- Be able to lead your own mindful practices including a body scan and mindful eating
- Have resources that you can use.

**Who should attend?** This **free** course is for anyone who wants to learn about mindfulness to improve their own mental wellbeing. We hope it will also be helpful for friends and family members, carers as well as professionals.

**Duration:** This programme involves mindfulness training over six weeks, with one class per week lasting 75 minutes (cohort one) and 1 hour 30 minutes (cohort two). In addition to this, attendees will be invited to perform a daily practice at home, using CDs for guidance.

**Lead tutors:** Salford venue: Matthew Riley and Ziggi Yates-Rodgers,  
Trafford Venue: Dr. Rory Allott

**“I have found that I am more observant of things and when I feel I am not in control of certain situations, I am able to take time, practice breathing exercises and regain focus.”**

### Cohort One:

**Dates and Time:** 10 January, 17 January, 24 January, 31 January, 7 February and 14 February 2017 all from 5.15pm to 6.30pm

**Venue:** blueSCI, Coppice Library & Wellbeing Centre, Coppice Avenue, Sale, Manchester M33 4ND

### Cohort Two:

**Dates and Time:** 11 January, 18 January, 25 January, 1 February, 8 February and 15 February 2017 all from 5pm to 6.30pm

**Venue:** Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ