



STAFF MINDFULNESS-BASED WELLBEING PROGRAMME PRE-COURSE INFORMATION

You, along with the other staff members, may be attending this course because there have been times when you have felt stressed, anxious, exhausted, low, or overwhelmed. Or maybe you have a sense that life is somehow passing you by in an endless round of busyness, commitments, and deadlines. Perhaps you are looking for ways to slow down a bit, take care of yourself, or appreciate the simple things in life. Or maybe you just want to learn a little more about mindfulness and meditation to benefit yourself and to support those you care about or work with. Whatever your reason for joining, this mindfulness course is an opportunity to nurture your wellbeing and find greater peace and happiness within the hustle and bustle of your daily life.

The foundation of this course is the Mindfulness for Life Programme which grew from the work of Mark Williams, John Teasdale, Zindel Segal and Jon Kabat- For more information, visit: www.just-one-thing.co.uk/mindfulnessforlife



COURSE OUTLINE

Week 1: Waking up from Automatic Pilot

Recognising automatic pilot and exploring what happens when you wake up.

Body and Breath Meditation – gathering attention to just one thing at a time to stabilise the mind. Seeing what unfolds during this process.

Mindful Eating – reconnecting with the senses

Week 2: Another Way of Being: Keeping the Body in Mind

Moving from ‘Living in our Heads’ to ‘Anchoring ourselves in the Present Moment.’

Body Scan meditation – training attention directly on the body without judging or analysing what you find. Using the practice to begin noticing when the mind is wandering, thinking, or sensing.

Week 3: Gathering the Scattered Mind

Reconnecting to the present with the body and breath. Exploring feelings and sensations by inhabiting the body more fully.

Mindful Movement practices - building on the process of reintegrating mind with body that began in Weeks 1 and 2. Using the practices to notice the body’s reaction to emerging feelings associated with goal setting, expectations, frustration, and unhappiness.

Week 4: Recognising Reactivity

Becoming more aware of the sensations, feelings, thoughts, and impulses evoked by an event.

Reactivity to an event or an experience can sometimes take us off down a well-worn path of difficult thoughts, feelings, and unhelpful behaviours.

Sounds and Thoughts Meditation – learning to see your thoughts as mental events that come and go just like sounds.

Week 5: Allowing and Letting Be

Exploring a new way of working with difficulties: approaching and befriending them.

Befriending our experience involves turning towards it and holding it with kindness and care, even when it is unpleasant and painful.

The Exploring Difficulty Meditation – gently and compassionately approaching how the difficulty is sensed within the body. Observing associated thoughts and emotions carefully and with curiosity as they arise and disappear.

Week 6: Thoughts are not always Facts.

Exploring negative thoughts and how we can learn to relate to them differently.

Befriending meditation – actively cultivating loving-kindness and compassion and friendship towards yourself.

Experimenting with Acts of Generosity in daily life.

Week 7: How can I Best Take Care of myself?

Exploring the connection between our daily routines, activities, behaviours, and moods.

Using meditation to help you make increasingly more skilful choices – so that you can do more of the things that nourish you, and limit (or handle more carefully) the things that drain and deplete your inner resources.

Week 8: Mindfulness for Life

Weaving mindfulness into your daily life, so that its always there when you need it most.



HOW WILL THE COURSE BE HELPFUL?

Mindfulness is about observing your external and internal present-moment experiences without judgment. When life presents you with challenges and difficult emotions arise, instead of taking these things personally, mindfulness helps you to take a step back and observe them with interest, friendliness, and compassion. Mindfulness enables you to become more aware of habitual negative thought patterns and reactions and to catch them before they tip your mood into a downward spiral. The practice of mindfulness encourages you to treat yourself with greater patience and kindness and to cultivate open-mindedness and resilience.

In preparation for starting the course, we invite you to read the handout – *Why Do We Get Stuck?*



HOME PRACTICE

You will be invited to engage in some home practice every week. Some practices are as short as three minutes, some take 20 -30 minutes. It is helpful to prepare by considering how you might make room in your life for this new commitment.

- When and where will you 'make' the time and space needed for practice?
- Can you look upon this as a time to *be* yourself and a time *for* yourself?
- Can you make this space warm, comfortable, and as best possible interruption-free?
- Do you have access to a device on which you can play the guided meditation practices?
- Treat yourself with kindness throughout this time, especially if you run into some rough spots.



CHALLENGES OF THE COURSE

Doing a mindfulness course can be challenging for various reasons. However, past participants have fed back that it is worth persisting, because the realisations you arrive at may reduce the impact of stress, anxiety, and other emotional difficulties. Here are some things that others have sometimes found challenging.

- **Being in a group.** It can take a while to feel at home, but it can be helpful to be with others who have had similar experiences to you.
- **Contributing to discussions.** It is OK to sit back and listen, and to go at your own pace.
- **Facing unwanted emotions you might rather avoid.** You will learn gentle ways to face difficulties as they arise, and to examine these more closely, without getting overwhelmed.
- **Managing difficulties that sometimes come up** (boredom, restlessness, etc). Working with these can be useful because they might relate to things that are challenging for you more generally.
- **It's not always obvious how the practices will be helpful.** Be open-minded, experiment and try to stick with it. Think of these 8 weeks as an investment: it is worth giving it your best shot.
- **The benefits are not always immediately apparent.** It takes time and effort to change well-established habits of the mind, but it's worth persevering.
- **There doesn't appear to be a right or wrong way for change to take place.** Mindfulness is a very personal journey and learning to trust the process and our inner wisdom is part of this.
- **The commitment to regular practice can be off-putting.** You will have a better chance of making new discoveries if you practice in between sessions. However, it is always possible to 'start again' if you let things slip. At the end of the 8 weeks, you will have a sense of what works best for you.
- **It is hard to 'do a course' and not 'strive for results.'** When attending this course, we ask you not to strive for a specific outcome or personal goal. Part of the 'problem' can be trying too hard. 'Experiment' in finding the right balance between persevering and being kind to yourself.

Your teacher will be happy to discuss any challenges you are having with the course. There may be times when you feel like it's not working and that you want to give up. If this happens, we ask that you let us know so we have the opportunity to offer some extra encouragement or guidance.



CONFIDENTIALITY AND SAFETY

In order to create an atmosphere of trust and sharing within the group, we would like to establish some ground rules in the group. This will happen collaboratively during the first session. Confidentiality will be observed by both participants and the teacher.



PRACTICAL ARRANGEMENTS

- The eight-week course starts on the 6th of September.

Prior to this date, please complete the following online forms:

[Registration form](https://forms.gle/9PtUQSeqsA5e8gTA6) <https://forms.gle/9PtUQSeqsA5e8gTA6>

[Consent to record audio](https://forms.gle/nLZpGgVsxt2kgHsXA) <https://forms.gle/nLZpGgVsxt2kgHsXA>

- You will be allocated into one of two groups by your line manager.

Group 1 will meet from 10am – 12 noon

Group 2 will meet from 1pm – 3pm

- The course will continue to run on the following dates:

Week	Date
1	6th Sept
2	13th Sept
3	20th Sept
4	4th Oct
5	11th Oct
6	18th Oct
7	1st Nov
8	8th Nov

- It is a good idea to wear comfortable clothes, and you might like to bring a light blanket, a cushion to support your lower back, and a bottle of water.
- We would like to emphasize the importance of attending each session. Please let the teacher know if you can't be there.

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