

## Get in Touch

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Mindfulness

## Mindfulness

At Thistle, we believe that life is for living. We support people to be more in control and more confident in life.

If you feel as though you're constantly rushing around on 'automatic pilot' and would like to try a different pace, our free 8 week Mindfulness course could be right for you.

Mindfulness engages the mind and the body through techniques such as meditation, breathing and yoga.

It is a chance to pause and concentrate on the present moment and filter out thoughts of both the past and the future. Mindfulness can help you take control of your thoughts and focus them on the here and now, empowering you to feel in charge and in control.

Practicing Mindfulness regularly can lead to a happier, healthier and more engaged life.

### How can Mindfulness training help you?

Mindfulness practices are rooted in ancient traditions of meditation and have developed over thousands of years.

The considerable benefits of regularly practicing Mindfulness have been supported by scientific research over the last 30 years. These benefits include:

- Increased feelings of happiness and well-being;
- Reduced feelings of stress, worry, anxiety and depression;
- Support to cope with chronic pain, and reducing the need for medication;
- Reduced blood pressure for people with mild to moderately high blood pressure;
- A boost to the immune system; and
- Support to maintain healthy eating and drinking habits.

### What do people say about the course?

“It has probably been the best thing I have learned in my adult life. I have become more at peace with myself. My short-temperedness has gone and my wife says I am a better person to live with. It has really helped with my depression.”

“I have a much more relaxed outlook on life (no longer Mr Angry) sleep better, am more contented overall, less stressed because of better understanding. I can read what my body is saying. It has given me a focus I didn't have before.”

“I have suffered from depression for over 30 years. I have found this course very helpful and am looking forward to practicing Mindfulness for the rest of my life. I think more about my food, my relationships, I don't judge people as I used to do and don't put myself down as I used to do.”

### What Happens on the course?

The eight week course will teach you several different mindfulness techniques.

You can practice all of these techniques at home using a CD. We encourage you to keep a diary of your experiences. Doing the homework is a very important part of the course. The more you do the more benefits you will get.

In the supported sessions you will be part of a group of about 10 or 12 people. Each session lasts two hours and practices are mostly done sitting down.

You will get a handout at the end of each session that builds into a reference manual so you can continue to practice Mindfulness once the eight week course is complete.

### How can I get a place on a course?

You can refer yourself (details overleaf) or ask your Doctor or Health Care Worker to refer you.