

North East and North Cumbria Staff Wellbeing Hub

Mindfulness sessions – further information

Mindfulness is the natural capacity we all have to bring awareness and interest to what is happening in the present moment. There is now very good evidence that becoming more mindful can support our mental health and well-being. During these difficult times, looking after ourselves as well as our patients has never been so important.

Learning mindfulness can help us to:

- be more aware of our thoughts and feelings
- be kinder to ourselves
- become more accepting of how things are
- respond more wisely to difficulties and stress

Colleagues in the Mindfulness team in the TEWV NHS Trust have been running mindfulness sessions for staff and patients for many years – with great results. Sessions are now being made available to all health and care staff within the North East and North Cumbria.

DROP-IN SESSIONS

Drop-in sessions are brief, easy to access and will give your wellbeing a boost! They take place online (using *MS Teams*) and happen several times a week. These 30-minute sessions are suitable for people who are new to mindfulness and also for those with some prior experience.

- These sessions provide an opportunity for you to pause in the busy-ness of your day and take care of yourself.
- The sessions consist of a brief and simple guided meditation followed by some sharing of experiences.
- They are led by NHS staff who are trained mindfulness teachers.
- You can attend just once or as often as you like. It may be best not to attend a session if you are feeling acutely distressed.
- The sessions currently take place at the following times (though this may change):
 - Mondays 10am
 - Wednesdays 12.30pm
 - Fridays 12.00pm

8-WEEK COURSES

8-week courses require more time and commitment. They take place online (via *MS Teams*) and happen several times a year. The weekly sessions are two and a quarter hours long. The course combines training in mindfulness meditation with elements of cognitive therapy. Our next lot of courses start in April 2021, so get in touch soon if you are interested!

“The course has changed my life! I am far less stressed than I was and am better able to cope with life’s challenges.”

- Participants (usually 10-15) and the course teacher meet together once a week to follow a structured curriculum.

- The course teaches skills to manage distress and difficulty as well as to appreciate the good things in our lives.
- Attending a course can lead to lasting benefits for our wellbeing, resilience and compassion. We learn to be more 'present' in our life and in our work.
- Regular attendance is important and you will need to do some 'home practice' every day to practise the skills that you are learning.
- The course is called *Mindfulness-based Cognitive Therapy for Life* and is adapted from a course that is recommended by the National Institute of Health and Care Excellence (NICE).
- If you would like to attend one of our courses, you will usually need to attend a **taster session** – see below.

TASTER SESSIONS

- These 90-minute online sessions (via *MS Teams*) will introduce you to mindfulness and give you a 'taste' of what it is all about.
- You might decide to come to a taster session because you want to attend an 8-week course. Or you might come to find out about other ways of practising mindfulness that can support your wellbeing.
- The sessions include information, discussion and brief guided meditations.
- Taster sessions are happening on Monday 15th March @ 7pm and Monday 29th March @ 1pm but there will be other sessions available too.

For further information and a link to the sessions, contact us on tewv.mindfulness@nhs.net or 01325 552017