

Mindfulness for Wellbeing

8 Week Course



This eight week Mindfulness-Based Cognitive Therapy (MBCT) course is designed to develop Mindfulness in daily life. Shorter sessions and courses focus on teaching the concepts rather than embedding the practice. MBCT is NICE (National Institute of Clinical Excellence) approved to prevent relapse into depression and is known to help many conditions such as chronic fatigue syndrome, anxiety and stress.

Duration: Usually 8 weeks course for 2.25 hours, plus a practice/retreat day, but can be adjusted to meet shorter timeframes

Aims and objectives

This experiential course explores how to develop mindfulness in everyday life. This

- Learn how practicing mindfulness can build wellbeing and increase resilience to stress and recurrent depression
- Develop the ability to remain mindful in stressful and difficult situations
- Practice simple and effective techniques for use in daily life, anywhere, any time
- Explore how to deepen and sustain your practice going forwards

Contents

The programme below allows plenty of time for reflection and participation and can be reduced or expanded to suit the time available. Each week an element of daily 'home practice' is set, where attendees are encouraged to undertake the guided meditations as well as informal practices, such as finding a daily activity to practice mindfully (e.g. brushing your teeth) and mindful eating. A small amount of reading will be suggested.

Each week of the course schedule below, includes a chance to try out the week's practice, ask questions and consider ways to apply mindfulness skills to work and home life challenges, drawing on Cognitive Behavioural Therapy and other approaches. Despite not being a discussion group, the sessions build a special connection between participants and they often stay in touch afterward.

Week 1 Awareness and Autopilot
Week 2 Living in Our Heads
Week 3 Gathering the Scattered Mind
Week 4 Recognising Aversion
Week 5 Acceptance and Allowing
Week 6 Thoughts are not facts

All Day Practice Retreat
Week 7 How can I best take care of myself?
Week 8 Maintaining and extending new learning

