

FREE

Mindfulness for Stress Reduction Programme

for GPs, and and other Primary Care Staff in Haringey

This six-week introductory training in mindfulness is a course designed for beginners to mindfulness or those who would like a refresher in its basic principles and techniques. It will teach attendees to develop a focused and embodied attention, self-awareness, emotional intelligence, and greater sense of ease and wellbeing. They will learn a variety of mindfulness meditations and practical ways to integrate mindfulness into daily activities at work, home and in relationships to help manage both personal and work stress. While the course has its roots in spiritual teachings, the programme itself is secular.

The course will include the following:

- Training in mindfulness meditation, developing awareness of breath, body, feelings and thoughts.
- Managing stress and learning how to shift from reaction to response.
- Recognizing and letting go of unhelpful habitual thoughts and mind states.
- Exploring, understanding and working with a range of emotional experience.

“ This course is very useful and I feel it should be run again and more staff encouraged to attend. ”

The course will run for two hours per week for six weeks. Attendees will be expected to complete daily home practice mindfulness meditation assignments starting at ten minutes a day and working up to 20 minutes daily by the end of the course.

Target audience:

The event is open to all GPs and surgery/primary care staff, working in Haringey.

Dates & Location:

Dates: April 22nd through to May 27th (6 consecutive weeks)

Times: 6pm start for 2 hrs

Location: Room G212, Tynemouth Road Health Centre, Tottenham, London, N15 4RH

“ Inspiring, transformative course. I really enjoyed it and hope that there are more sessions. ”

Please e-mail your role, organisation and borough to

training@communitymatters.co.uk

to book your place! Places are limited.