

Student Counselling Service

Mindfulness for Anxious Minds; 6 week course

**When: 6 Thursday afternoons: 2 November 2017- 7th December 2017;
3-4.30pm**

Where: Rathbone Annexe Meeting Room

What is Mindfulness?

Mindfulness is developed by purposefully paying attention in a non-judgmental way to your experience of your body, your mind and the world around you. Mindfulness is about being awake and aware and living in the present, rather than dwelling in the past or anticipating the future.

Staying in touch with the present in this way, from one moment to the next, may lead you to experience yourself differently, perhaps feeling less stuck, or recognising more strength, balance and confidence in yourself. Most people who learn Mindfulness skills report lasting physical and psychological benefits including:

- Greater self-confidence and more acceptance of life as it is.
- An increased ability to cope effectively with both short and long-term stressful situations.
- An increased ability to relax and experience calm.
- More energy, enthusiasm and appreciation for life.
- Improved concentration and ability to focus

Mindfulness for Anxious Minds is a short 6 week programme designed to meet the needs of undergraduate students, offering an opportunity to learn Mindfulness skills particularly relevant to managing anxiety.

What does the course involve?

You will be taught in a group of about 15 by Sue Williams one of the Student Counsellors who has done further training in teaching Mindfulness. The course consists of 6 afternoon sessions of 1.5 hours. There will also be daily home practice of 20 mins. You will have a work book and downloadable recordings to help you with your home practice.

Getting the most out of the course will require some work on your part. It needs a commitment to work on yourself through a gentle daily discipline of meditation.

Making the commitment to devote the time needed for this personal exploration can feel difficult, but most people consider it worthwhile. As later sessions of the course build on skills learnt earlier, attendance at all sessions is strongly recommended in order to gain the greatest benefit.