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The Stress Project

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020 7700 3938

Thank you in your interest in the Stress Project’s Mindfulness Course.

Outlined below is information about Mindfulness and the Stress Project.

**What is Mindfulness?**

Mindfulness is a very simple form of meditation. It teaches people how to be in the moment and break away from negative thought patterns that exacerbate stress, anxiety and depression. It provides the tools to replace negative thought patterns with positive ones. A typical meditation consists of focusing your full attention on your breath as it flows in and out of your body. Focusing on each breath in this way allows you to observe your thoughts as they arise in your mind and, little by little, to let go of struggling with them. Mindfulness is about observation without criticism; being compassionate with yourself.

**What are the Benefits of Mindfulness?**

**Mindfulness improves Well-Being.** Mindfulness helps you become more fully engaged in activities and helps create a greater capacity to deal with difficult events. It becomes a natural habit to savour life’s pleasures as they occur. Research has demonstrated that after a period of practicing mindfulness there are changes in the areas of the brain associated with decision-making, attention and empathy. It increases blood flow to the areas of the brain linked to managing emotion. It can help to improve job performance, productivity and satisfaction.

**Mindfulness improves Physical Health.**

* Relieves stress
* Lowers blood pressure
* Reduces chronic pain
* Improves sleep
* Alleviates gastrointestinal difficulties

**Mindfulness improves Mental Health**. It is effective in the treatment of:

* Depression
* Anxiety Disorders
* Obsessive-Compulsive Disorder
* Substance Abuse
* Eating Disorders
* Relationship Conflicts

**Who is the Course Not Suitable for?**

The course is NOT suitable for any of the following:

* Severely disturbed or psychotic.
* Where short-term support would be counter productive.
* Chaotic drink or drug use.
* Severe eating disorder.
* Severe learning difficulties.
* Agoraphobic and unable to commit to weekly sessions.
* Violent/severely aggressive behaviour.
* Severe paranoia
* Recent bereavement

**Why choose the Stress Project?**

The Stress Project is part of a Registered Charity - Holloway Neighbourhood Group. For more than 20 years, the Stress Project has provided low-cost counselling, complementary therapies and social support for disadvantaged local people who experience mental health issues and who would otherwise not be able to afford such therapeutic support.

The tutor, Chris Norris, has successfully facilitated Mindfulness Courses at the Stress Project. He is fully qualified to teach Mindfulness Based Cognitive Therapy.

**When and Where Does the Course Take Place?**

**Online via Zoom**

Wednesdays 10.30am – 12 noon, starting on 21stApril 2021 – with an introductory session on 7th April.

The course is open to participants over the age 18

**Is there any Homework?**

A set of Guided Meditations accompanies the programme, so that participants can practise daily at home throughout the course.

**How do I Book a Place?**

**To secure your place on the course, please complete the Enrolment Form below and return by email to** **stressproject@hng.org.uk**

**For more information call us on 020 7700 3938**

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**8-week Mindfulness Course Enrolment Form**

First Name: Last Name:

Address:

Mobile: Email Address:

Date of Birth:

We can provide support in how to use Zoom, but to participate in this course you will need access to a reliable internet connection and a laptop/smart phone. Please delete as appropriate:

[ ] I would like support with Zoom

[ ] I’m OK with Zoom

If you have any special requirements, please provide information below:

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Holloway Neighbourhood Group will only use your personal information to enable us to provide services to you and to report our impact. We will only keep relevant data. We will keep it safely and we will not share it with anyone (except in an medical emergency). No personal information will be made public. Our full privacy statement can be found at [www.stressproject.org.uk/privacy](http://www.stressproject.org.uk/privacy)