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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 Wellbeing.** 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.
* Unable to commit to 8 weekly sessions.
* Violent/severely aggressive behaviour.
* Severe paranoia.
* Recent bereavement.

The course is open to participants over the age of 18.

**Why choose the Stress Project?**

The Stress Project is part of a Registered Charity - Holloway Neighbourhood Group. For more than 25 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 several Mindfulness Courses at the Stress Project. He is fully qualified to teach Mindfulness Based Cognitive Therapy.

**When Does the Course Take Place?**

Online via Zoom:

Wednesdays 10.30am – 12 noon. An introductory session on 12th January 2022, followed by an 8-week course 19th January – 9th March 2022.

**Is there any Homework?**

A set of Guided Meditations accompanies the programme, so that participants can practise at home throughout the course. The meditations are hosted on an online learning platform which can be accessed on any browser.

**How do I Book a Place?**

**To secure your place on the course, please complete the Application Form and Trainee Agreement below and return by email to** [**stressproject@hng.org.uk**](mailto:stressproject@hng.org.uk)

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

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**8-week Mindfulness Course – 19th January to 9th March 2022 - Application Form**

First Name:Click or tap here to enter text. Last Name: Click or tap here to enter text.

Address: Click or tap here to enter text.

Mobile: Click or tap here to enter text. Email Address: Click or tap here to enter text.

Date of Birth: Click or tap here to enter text.

|  |
| --- |
| **Ethnicity: Which of the following best describes you (please tick?)** |
| White |
| English/Scottish/Welsh/Northern Irish/UK  Irish ☐ Gypsy or Irish Traveller  Any other White background |
| Mixed / Multiple Ethnic Groups |
| Mixed Ethnic Background |
| Asian / Asian UK |
| Asian UK  Indian  Pakistani  Bangladeshi Chinese  Any other Asian background ☐ |
| Black / African / Caribbean / Black UK |
| African  Caribbean  Black UK  Any other Black / African / Caribbean |
| Other ethnic group |
| Arab  Other (please specify):Click or tap here to enter text. |

Gender: Female  Male  Non-binary  Other

Do you consider yourself to have a disability?

Yes  No  Prefer not to say

How did you hear about us? Click or tap here to enter text.

If you have any special requirements, please provide information:

Click or tap here to enter text.

I can attend the Introductory session on 12th January. Please tick:

We provide tech support and can help you to use the Zoom App.

To be able to participate fully in this course you will need access to

* a reliable Internet connection
* a computer/laptop or smart phone or tablet to access Zoom and the online learning platform
* a private space

Please delete as appropriate:

I would like to book a tech support session

I’m OK with Zoom

Spaces on the course are in high demand. To make sure that those people who will gain most benefit can secure a place, we ask that you confirm below that you have read and can commit to the Trainee Agreement.

**Trainee Agreement**

**Attendance, Cancellation & Participation:**

The course consists of a 90-minute online mindfulness training session each week. Regular attendance and commitment to completing the course is essential. If you are more than 10 minutes late you will not be able to access the class that week.

You will be required to give notice by phone or email if you cannot attend a session.

We advise that you do not cancel more than 2 sessions, as you will not benefit fully from the course.

Please inform us if you think that you are unable to commit to attending regularly - you may wish to enrol for another course date that is more suitable.

Participants are expected to have their video and name on during the Zoom sessions.

**Punctuality:**

Please be on time - sessions start at 10.30am prompt.

**Home Practice & Community:**

You will be invited and encouraged to participate in 20-minute mindfulness exercises, hosted on the online learning platform, every week between online sessions. Ideally you should aim to do a short meditation each day. You will be provided log-in details to the online learning platform at the start of the course. The Course also has a WhatsApp group, participation in this group is not mandatory.

**Reporting & Feedback:**

So that we can measure the impact of the course on people’s lives you will be required to complete two questionnaires at the start of the course and three at the end of course.

**Confidentiality**

To make this experience as safe and supportive as possible please can you keep confidential the things that group members say and not record any of the Zoom sessions. It is important that each member of the group commits to adopting an attitude that is polite, respectful, supportive of each other and non-judgemental.

**I confirm that I can commit to the Trainee Agreement. Please tick the box:**

**Name:** Click or tap here to enter text.

**Please return the Application Form and Trainee Agreement by email to** [**stressproject@hng.org.uk**](mailto:stressproject@hng.org.uk)

**Privacy Statement**

Holloway Neighbourhood Group is GDPR compliant. Our full privacy statement can be found at [www.stressproject.org.uk/privacy](https://www.google.com/url?q=http://www.stressproject.org.uk/privacy&sa=D&ust=1610975056190000&usg=AFQjCNFvI9v7IoCmZUxdOqguyklaSQylEg)

The Stress Project

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e-mail: [stressproject@hng.org.uk](mailto:stressproject@hng.org.uk)

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