

Holloway Neighbourhood Group

The Stress Project Therapy Centre



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 – 12.00 noon**. The course is for nine weeks, starting on 17th January and finishing on 13th March 2024.

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 and return by email to stressproject@hng.org.uk

For more information call us on 020 7700 3938