



# MINDFULNESS

## About the course:

- 8-week online course learning mindfulness skills
- There are different practices each week that build upon each other with home practice invitations too.
- The full group will run from 9<sup>th</sup> May 1-3pm for 8 weeks (half term off) so if you are interested please email [beth.foster-hunter@nottshc.nhs.uk](mailto:beth.foster-hunter@nottshc.nhs.uk)  
or  
[sharon.fildes@nottshc.nhs.uk](mailto:sharon.fildes@nottshc.nhs.uk)  
to apply today!

## Benefits of MBCT:

- Developing a better understanding of the patterns of the mind, moment to moment.
- Feeling better able to face distressing thoughts and feelings.
- Recognising early warning signs of low mood and take helpful action.
- Recognising when striving to 'fix' certain emotions/mood states.
- Building acceptance and gently making skilful choices to best take care of yourself.

## MBCT Mindfulness Based Cognitive Therapy