

Mindfulness in Midlothian:

The Thistle's Wellbeing Service in Midlothian offers the 8 week Mindfulness Based Living Course.

The Mindfulness course is open to people who have been referred to the Wellbeing Team by their GP and have attended an appointment with a wellbeing practitioner.

The course will be delivered by Jane Lewis, a qualified mindfulness teacher with the Mindfulness Association.

For more information please contact Jane on jane.lewis@thistle.org.uk or 07442 388170



Mindfulness for adults living in Midlothian.



The Well Being Team

Mindfulness helps us to live more in the present moment. When we are able to let go of thinking about the past or worrying about the future, the mind and emotions become more settled and we can begin to find more joy in our lives.

What is Mindfulness?

Mindfulness training helps us to know ourselves better and to develop a kinder attitude towards ourselves. We can learn to surf the ups and downs of life and to cope with unpleasant physical sensations, thoughts and emotions in a different way.

The course begins with techniques to settle the mind and to bring mindfulness into daily activities. It includes practices of; mindful movement, mindful walking, the body scan, developing loving kindness towards self and others and to develop a compassionate response to difficult sensations, thoughts and emotions.

You are encouraged to practice at home with guided audio practices on the Mindfulness Association app. You are given a course manual so you can continue to practice mindfulness once the course is complete.

Would Mindfulness Suit You?

The benefits of regularly practicing mindfulness have been supported by research over the last 30 years. They can include:

- Increased feelings of happiness and wellbeing.
- Reduced feelings of stress, or anxiety and depression.
- Support to cope with chronic pain, reducing the need for medication.
- Reduced blood pressure for people with mild to moderately high blood pressure.
- A boost to the immune system .
- Support to maintain healthy eating and drinking habits.

(The Mindfulness Initiative (2015))

The Mindfulness Initiative (2015), *Mindful Nation UK: Report by the Mindfulness All-Party Parliamentary Group (MAPPG)*, www.themindfulnessinitiative.org.uk