



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 in spring 2024 so **if you are interested in hearing more, please scan the QR code to register your interest in our Online Mindfulness Course Taster Session at 1-1:30pm on 16/1/24**

MBCT Mindfulness Based Cognitive Therapy



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.