

Mindfulness Meditation lunchtime practice sessions

Every Thursday lunchtime during the academic terms there will be a Mindfulness Meditation lunchtime practice session open to any student who wants to come on a drop-in basis. No need to book.....just turn up at the Management Centre D2:02 at 1.10pm, except for the 17/10/13, 24/10/13 & 7/11/13 which are to be held in the downstairs bar.

The sessions are suitable for complete beginners and for those who have some prior experience of Mindfulness or other forms of meditation. They offer people who may be interested in following the longer 8 week Mindfulness Based Stress Reduction course a 'taste' of the approach, and a chance to continue with supported practice for those who have completed the course.

The sessions consist of a short introduction to mindfulness, a period of guided meditation then a few minutes of reflection and questions at the end. A variety of different practices are taught during the sessions. The sessions end at 1.50 promptly.

What is Mindfulness and how can it benefit you?

Mindfulness is developed by purposefully paying attention in a non-judgmental way to your experience of your body, your mind and the world around you. Mindfulness is about being awake and aware and living in the present, rather than dwelling in the past or anticipating the future.

Staying in touch with the present in this way, from one moment to the next, may lead you to experience yourself differently, perhaps feeling less stuck, or recognising more strength, balance and confidence in yourself.

Mindfulness is taught through meditation skills which include bringing attention to the breath and the body during stillness and movement.

Mindfulness is, however, not a 'quick fix'. Developing mindfulness skills requires the motivation and discipline to practice the skills on a consistent basis. But research shows that most people feel the effort is worthwhile and long-lasting in many different ways.

For example most people who have practiced Mindfulness Meditation consistently for a period of 2 months report lasting physical and psychological benefits including:

- Greater self-confidence, more acceptance of self and more acceptance of life as it is.
- An increased ability to cope effectively with both short and long-term stressful situations.
- An increased ability to relax and experience calm.
- More energy, enthusiasm and appreciation for life.
- Greater ability to sustain concentration and focus.