



MINDFULNESS BASED STRESS REDUCTION **Information leaflet for patients**

Who is it for?

These sessions will be helpful to you if you suffer from persistent pain or any other troubling and enduring physical symptoms. Maybe a physical cause has not been found yet, but your bodily complaints are very real, or perhaps you have a diagnosis such as Fibromyalgia, Multiple Sclerosis or Chronic Fatigue Syndrome? Mindfulness has proved an extremely effective way to reduce chronic pain and stress, manage illness and increase wellbeing.

This form of treatment includes:

1. Guided instruction in mindfulness meditation practices
2. Gentle stretching and mindful movement
3. Session discussions about your bodily symptoms and associated feelings
4. Learning skills that you can apply on your own to help improve your quality of life

What you will gain from the session:

1. Mindfulness, gentle body movement and meditation will improve the way you feel.
2. You will learn techniques to help you let go of your stressful and distressing thoughts.
3. You will meet and gain support from other people who suffer from similar difficulties to you.
4. You will learn to stay in the moment and not live in the past or worry about the future.

You do not need any previous experience of mindfulness to benefit from this treatment.

When and where does it take place:

There will be a total of 8 weekly sessions. Each session will last one-and-a-half hours.

Time: Thursdays 12.30-2.00pm and 6.00-7.30pm Date: From 10th August 2017

Venues: TBC