



**Holloway
Neighbourhood
Group**

Registered Charity Number 290493

The Stress Project
2 Shelburne Road
London N7 6DL
stressproject@hng.org.uk
020 7700 3938

Thank you in your interest in the Stress Project's Mindfulness Course.
Outlined below is information about Mindfulness and the Stress Project.

What is Mindfulness?

Mindfulness is a very simple form of meditation. It teaches people how to be in the moment and break away from negative thought patterns that exacerbate stress, anxiety and depression. It provides the tools to replace negative thought patterns with positive ones. A typical meditation consists of focusing your full attention on your breath as it flows in and out of your body. Focusing on each breath in this way allows you to observe your thoughts as they arise in your mind and, little by little, to let go of struggling with them. Mindfulness is about observation without criticism; being compassionate with yourself.

What are the Benefits of Mindfulness?

Mindfulness improves Well-Being. Mindfulness helps you become more fully engaged in activities and helps create a greater capacity to deal with difficult events. It becomes a natural habit to savour life's pleasures as they occur. Research has demonstrated that after a period of practicing mindfulness there are changes in the areas of the brain associated with decision-making, attention and empathy. It increases blood flow to the areas of the brain linked to managing emotion. It can help to improve job performance, productivity and satisfaction.

Mindfulness improves Physical Health.

- Relieves stress
- Lowers blood pressure
- Reduces chronic pain
- Improves sleep
- Alleviates gastrointestinal difficulties

Mindfulness improves Mental Health. It is effective in the treatment of:

- Depression
- Anxiety Disorders
- Obsessive-Compulsive Disorder
- Substance Abuse
- Eating Disorders
- Relationship Conflicts

Who is the Course Not Suitable for?

The course is NOT suitable for any of the following:

- × Severely disturbed or psychotic.
- × Where short-term support would be counter productive.
- × Chaotic drink or drug use.
- × Severe eating disorder.
- × Severe learning difficulties.
- × Agoraphobic and unable to commit to weekly sessions.
- × Violent/severely aggressive behaviour.
- × Severe paranoia
- × Recent bereavement

Why choose the Stress Project?

The Stress Project is part of a Registered Charity - Holloway Neighbourhood Group. For more than 20 years, the Stress Project has provided low-cost counselling, complementary therapies and social support for disadvantaged local people who experience mental health issues and who would otherwise not be able to afford such therapeutic support.

The tutor, Chris Norris, has successfully facilitated Mindfulness Courses at the Stress Project. He is fully qualified to teach Mindfulness Based Cognitive Therapy.

When and Where Does the Course Take Place? Online via Zoom

Wednesday's 10.30 am – 12 pm, starting on 7 April 2021
The course is open to participants over the age 18

Is there any Homework?

A set of Guided Meditations accompanies the programme, so that participants can practice daily at home throughout the course.

How do I Book a Place?

To secure your place on the course, please complete the Enrolment Form below and return by email to stressproject@hng.org.uk

For more information call us on 020 7700 3938



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8-week Mindfulness Course Enrolment Form

First Name:

Last Name:

Address:

Mobile:

Email Address:

Date of Birth:

How did you hear about us?

If you have any special requirements, please provide information below:

We provide tech support and can help you to use the Zoom app.
To be able participate fully in this course you will need access to:

- a reliable Internet connection
- a computer /laptop or smart phone.

Please delete as appropriate:

- I would like to book a tech support session
 I'm OK with using Zoom

Please read and sign the Trainee Agreement below

The following conditions apply:

- You will need to attend a 90-minute online mindfulness training session each week.
- Please be on time because the session starts promptly at 10.30 am.
- You will be required to practice 20-minute mindfulness exercises between online sessions.

- Please bear in mind that places on our funded courses are high in demand so we ask that you agree to commit to completing the course.
- Please inform us if you think that you are unable to commit to attending regularly - you may wish to enrol for a future course date that is more suitable.

Course dates in the near future in 2021:

- 7th April
- 6th June
- 1st September

Cancellation Policy:

- You will be required to give notice by phone or email if you cannot attend a session.
- We advise that you do not cancel more than 2 sessions, as you will not benefit fully from the course.

Signed

Holloway Neighbourhood Group will only use your personal information to enable us to provide services to you and to report our impact. We will only keep relevant data. We will keep it safely and we will not share it with anyone (except in a medical emergency). No personal information will be made public. Our full privacy statement can be found at www.stressproject.org.uk/privacy