

Invest in you.

Support your wellbeing.
Support other unpaid carers.



PARTICIPATION
IS COMPLETELY
VOLUNTARY
—  —
TAKING PART IS
FREE OF CHARGE

TAKE PART IN A 4-WEEK ONLINE

MINDFUL MEDITATION STUDY FOR UNPAID CARERS

No experience necessary.

This study is exploring whether a short mindfulness meditation programme can support the wellbeing of unpaid carers.



WHO CAN TAKE PART?

Unpaid carers aged 18+ who provide regular, unpaid care for a family member or friend.



WHAT'S INVOLVED?

A short meditation online (12 minutes) each day for 4 weeks. Wellbeing questionnaires before, midpoint, and after the study.



CONFIDENTIAL & SAFE

All data is anonymous and confidential. You will create your own unique 4-digit PIN.



ONLINE & FLEXIBLE

All aspects of the study take place online, so you can take part in a way that suits you.



INTERESTED?

For more information or to take part, please contact the researcher:

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SCAN TO CONTACT THE RESEARCHER



SUPERVISOR

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LONDON
METROPOLITAN
UNIVERSITY

This study has been reviewed and approved
by the London Metropolitan University Ethics Committee.

