



SUPPORTING OUR OWN WELL BEING THROUGH MINDFULNESS



We are running a taster session in Mindfulness on Wednesday 21st November from 4.00 to 5.30pm. This will be led by Kate Gooch, a trained teacher in Mindfulness for adults as well as children.

So why learn about mindfulness? Well research shows the following benefits:

- reductions in stress, burnout and anxiety, including a reduction in days off work and feelings of task and time pressure, improved ability to manage thoughts and behaviour, an increase in coping skills, motivation, planning and problem solving, and taking more time to relax.
- better mental health including less distress, negative emotion, depression and anxiety.
- greater wellbeing, including life satisfaction, self-confidence, self-efficacy, self-compassion and sense of personal growth.
- increased kindness and compassion to others, including greater empathy, tolerance, forgiveness and patience, and less anger and hostility.
- better physical health, including lower blood pressure, declines in cortisol (a stress hormone) and fewer reported physical health problems.
- increased cognitive performance, including the ability to pay attention and focus, make decisions and respond flexibly to challenges.
- enhanced job performance, including better classroom management and organisation, greater ability to prioritise, to see the whole picture, to be more self-motivated and autonomous, to show greater attunement to students' needs, and achieve more supportive relationships with them.

Why not come along and see if this is for you. If you want more information please visit <https://mindfulnessinschools.org>.

For those interested we will then be running an 8 week training session to develop your own mindfulness from Wednesday 9th January through till Wednesday 20th March 2019 from 4.00 to 5.30pm. (we have a break of 3 weeks over half term) The taster and 8 week course are completely free except for you committing to all 8 weeks including follow up work at home and purchasing the book we will be using 'Finding Peace in a Frantic World' which you can buy via Amazon.

Come and join us and learn to take control of your mind and be a happier, healthier you.