



## **MINDFULNESS BASED STRESS REDUCTION**

### **Information leaflet for patients**



#### Who is it for ?

This is a group which will be helpful to you if you suffer from chronic pain or other troubling persistent physical symptoms that have not been helped by treatment so far or where no physical cause has been found so far.

This form of therapy includes:

1. Guided instruction in mindfulness meditation practices
2. Gentle stretching and mindful yoga
3. Group dialogue and discussions about your bodily symptoms and associated feelings aimed at increasing awareness in everyday life
4. Learning skills that you can apply on your own outside of the group to help your recovery and well-being

What you will gain from the group:

1. You will understand how mindfulness, gentle body movement, yoga exercises and meditation can 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 other people who suffer from similar difficulties to you; you will be able to learn from them and gain support from them.
4. You will learn to stay in the moment and not live either in the past or worry about the future.

You do not need any previous experience to benefit from this therapy.

When and where does it take place (8 sessions; each 60-90mins)

Time: Wednesdays 10.30-12.00 or 12.30-14.00; Market Place Surgery and Tuesdays 15.00-16.30; Project Surgery

[If you want any further information please contact your GP who will be happy to discuss this in more detail with you](#)

