

# Mindfulness Based Stress Reduction

An 8-session weekly programme to move from surviving to thriving  
Harrogate, Tuesday evenings, 7 – 9 pm Autumn 2023

## Who is the course suitable for?

Mindfulness is a mental training that reduces the tendency to go through life on autopilot. For example, rather than worrying about what has happened or what might happen, this training develops our ability to choose our response in situations; to respond skilfully to whatever is happening right now rather than react.

This practical skills-based course is suitable for individuals experiencing stress or anxiety, as well as people who would like to develop mindful awareness in their lives to manage thoughts/moods/interactions that are not proving helpful. It supports those who wish to enhance their wellbeing, build relationships and learn skills to thrive in today's ever-changing world rather than simply survive. While this is designed as a standalone course, it may also be suitable as a follow-on training after therapy. The potential positive impact mindfulness training can have on strengthening relationships makes the course a beneficial training for parents/carers as well.

*I am starting to be more aware of what is 'going on' inside me. It means I can more often respond rather than react when challenges arise.'*

*'Since doing the training I am able to step back from my thoughts and get less caught up in unhelpful thought loops. As a consequence, I feel calmer and more in control.'*

## Course information:

- Mindfulness training develops awareness and self-regulation in any given moment. It helps us notice the links between certain thoughts, feelings and what we automatically do next. This is valuable as our automatic behaviours are not always helpful to us in the longer term. This training gently opens up the possibility of more choice about which thoughts and actions we engage in.
- There is a strong focus on learning practical skills that can be applied to everyday situations at home or work.
- This training is beneficial even if you currently use a mindfulness app or occasionally practice mindfulness. Mindfulness apps can help you maintain a practice but this is a course to develop and apply a set of practical skills that apps do not cover. The key focus is to learn to apply mindful awareness in your everyday life and interactions with people, so that you live with more self-awareness and choice in how you handle the ups and downs of life.
- This evidence-based training programme has been shown to lead to significant increases in general well-being and emotional health.

**Details:** The course will take place on Tuesday evenings at the Oakdale Centre in Harrogate.

**Dates:** 17/24 Oct, 7/14/21/28 Nov and 5/12 Dec

**Time:** 7-9 pm on Tuesdays (8 x 2 hour sessions)

Groups are limited to 10 people to ensure a personalised learning experience for all participants.

**Course fee:** £190 for 8 session course (includes tuition, resources and one to one support during the course).

**Facilitator:** Annika Wager is an experienced mindfulness trainer delivering well-received mindfulness courses for the Oakdale Centre since 2016.

*'I am starting to use the skills to move in the direction I want to go, rather than get side-tracked by negative thinking.'*

*It's really helped now that I am working from home. My work/life balance was blurring but now I am more focussed and less distracted at work, and more able to be engaged with my home life when at home.*

**To register interest, book or to ask for more information  
contact Annika Wager at On The Mind directly**

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