



Mindfulness Group

Helping you to live in the present moment

What is Mindfulness?

Mindfulness is the act of noticing what is happening in the present moment, rather than focusing on a past you cannot change or a future that feels uncertain. It can help you take a step back from stressful situations. It can also help you notice and appreciate the simpler pleasures life can bring, which can be useful when coping with the impact of cancer.

Who is the course for?

This course is for everyone; patients and their families or carers. People who have never heard of mindfulness, or those who have tried it in the past. If you find yourself living in the future or past, come and try living in the present.

What does it involve?

Once you are booked on, the course runs once a week, on a Tuesday afternoon for four weeks.

In each session we will explore different strategies and methods of being mindful. Exploring what mindfulness is, what effects it has on our body and mind, and looking at ways in which we can try to be more mindful in everyday life. Each week will build upon the skills learnt in the previous sessions.

For more information contact your specialist nurse, consultant, review radiographer, or key worker.
Patients, family members and/or carers are all welcome.

Session 1

- Introductions
- What is Mindfulness?
- Savouring simple moments

Session 2

Developing Mindfulness Skills including:

- Focusing our attention on various senses in the present moment
- Noticing distractions and bringing our attention back to the present

Session 3

Developing Mindfulness Skills including:

- Mindful Pauses
- Self-soothing and compassion exercises.

Session 4

Developing Mindfulness Skills including:

- How to Urge Surf – this is all about how to use mindfulness during unpleasant situations or when difficult feelings are present.
- Summary of whole course

How to book a place on the group

For more information or to book a place please speak to your Specialist nurse, Consultant, Review radiographer or Key worker.

When and where are the groups held?

The group will be offered on a rolling basis and at various venues within the Health Board area for convenience. Dates and venues to be confirmed.

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