









# Mindfulness Resources

Resources  
for Adults



Name	Information	QR code
 <b>Royal United Hospitals Bath</b> <small>NHS Foundation Trust</small>	<p><b>Mindfulness Practise for Pain</b></p> <p>Mindfulness is a practice used at Bath Centre for Pain Services during treatment. It is a practical skill that can be used to train your ability to think clearly by being present in the here and now, with compassion towards oneself and others.</p> <p><a href="#">Mindfulness Practice - Bath Centre For Pain Services</a></p>	 <p>Scan to access resource</p>
 <b>Torbay and South Devon</b> <small>NHS Foundation Trust</small>	<p><b>Mindfulness and Relaxation for Fatigue</b></p> <p>Mindfulness is based on some of the techniques used by Buddhist practitioners and formalised into a stress reduction course to be used with people who have wide range of health difficulties including chronic pain, chronic fatigue, psoriasis, anxiety and depression.</p> <p><a href="#">ME/CFS/PCF Service - Relaxation and Mindfulness - Torbay and South Devon NHS Foundation Trust</a></p>	 <p>Scan to access resource</p>
 <b>Guy's and St Thomas'</b> <small>NHS Foundation Trust</small>	<p><b>Relaxation Techniques for Stress and Anxiety</b></p> <p>We know that problems with emotional wellbeing are particularly common in people with chronic health issues and that often people can experience stress and anxiety. These exercises are designed to teach you simple relaxation techniques to help manage some of these emotions more effectively.</p> <p><a href="#">Guided relaxation and mindfulness for patients   Royal Brompton &amp; Harefield hospitals</a></p>	 <p>Scan to access resource</p>
 <b>Physical Health Psychology Cumbria</b>	<p><b>Mindfulness Resources for Managing Physical Symptoms</b></p> <p>Mindfulness is a way of getting in touch with what is happening for us right now. It isn't about "clearing your mind" or "getting rid of thoughts" - it's more about noticing (or being mindful of) what's going on around you and within your body.</p> <p><a href="#">Mindfulness   NHS Physical Health Psychology Cumbria</a></p>	 <p>Scan to access resource</p>

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	<p><b>Relaxation and Mindfulness for ME/CFS</b></p> <p>Mindfulness and relaxation recorded exercises designed by Torbay and South Devon NHS Trust for those with ME/CFS</p> <p><a href="#">ME/CFS/PCF Service - Relaxation and Mindfulness - Torbay and South Devon NHS Foundation Trust</a></p>	 <p>Scan to access resource</p>
	<p><b>Education Programmes for Patients</b></p> <p>Your local health board run a range of self-management courses for people living with a long-term health condition/s.</p> <p><a href="#">Education Programmes for Patients (EPP Cymru) - Public Health Wales</a></p>	 <p>Scan to access resource</p>
	<p><b>Meditation for Beginners</b></p> <p>There are many types of meditation but the thing they all have in common is that, over time, they can help lower stress levels.</p> <p>By releasing physical tension held in the body, meditation can help us release worries buried in the mind, easing anxiety, stress and low mood, and even helping you get deeper, more restful sleep.</p> <p><a href="#">How to meditate for beginners - Mental wellbeing tips - Every Mind Matters - NHS</a></p>	 <p>Scan to access resource</p>
	<p><b>Valleys Steps</b></p> <p>Learn about Mindfulness, stress management, and more with our free online, open-access wellbeing workshops</p> <p><a href="#">Valleys Steps   Free Mindfulness and Stress Control Courses</a></p>	 <p>Scan to access resource</p>