



# Mindfulness based stress reduction programme

Wellness and Recovery Centre



## **Mindfulness**

Mindfulness origins are derived from the belief of ‘living in the moment’.

It is the practice of purposefully paying attention moment by moment, in a non-judgemental way.

The practice is sometimes referred to as “practising being”, that is, the tuning into each moment in an effort to remain awake and aware from one moment to the next.

The practice includes:

- Learning how to make time for one-self.
- Learning how to slow down and nurture calmness and self-acceptance in oneself.
- Purposefully allowing the body and mind to come to rest in the moment, no matter what is “on” one’s mind or how one’s body feels.

## **Mindfulness based approach**

The Mindfulness based approach aims to teach people a set of skills to help manage daily and on-going difficulties that present for them, encompassing physical and psychological problems or challenges.

The approach combines ancient traditions with current knowledge, understanding and research.

The Mindfulness Based Stress Reduction (MBSR) course focuses on empowering people to open up to their experiences, ‘be present’ and cultivate the kinder, compassionate self.

## **What is the MBSR programme?**

This is a group based course that has been extensively studied since the 1970s, and was developed in the US for a population with a wide range of both physical and psychological health problems.



## **Aims of the programme**

The aims of the course are to promote a way of being that helps manage difficulties - physical, emotional, mental and social. It encourages participants to develop skills and awareness of their experiences, good or bad, moment to moment, so that they can make choices that are best suited to themselves.

Following this, participants learn ways to respond effectively to their experiences through the formation of action plans. Sessions include mindful meditative practices, group discussions on stress and life skills, and group exercises.

## **Who can attend?**

This course is open to those that wish to incorporate a mindful approach into their recovery. It is intended for those who present with stress, anxiety and depression.

The course is delivered through the Wellness and Recovery Centre in St Patrick's University Hospital (those attending must be post-discharge or out-patients) and the duration of the course is one half day a week (9.30am - 1.00pm).

We also run an evening group twice a year ( Tuesdays 6.00pm - 9.30pm). This programme is based in St Edmundsbury Hospital, Lucan.

If you are interested in attending this programme please discuss this with a member of your treatment team.

www.stpatricks.ie

**Mindfulness means paying attention in a particular way:  
on purpose,  
in the present moment,  
and non-judgementally.**

*Jon Kabat-Zinn*

## **Support & Information Service**

A mental health support line for all service users and an information line for the general public is open from 9.00pm to 5.00pm, Monday to Friday. All calls are answered by registered mental health nurses.

**Support & Information Service**

**01 249 3333**

### **St Patrick's Mental Health Services**

James's Street, Dublin 8, Ireland.

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