



Understanding & Managing Emotions

Course 1: Mindfulness and Awareness

HSE South - North Lee
Adult Mental Health Service

July 2012

What is Mindfulness?

Mindfulness is about being aware of what is happening in the present, on a moment by moment basis, while not making judgements about our experiences. It is about experiencing the world firmly in the “here and now”. It allows us to step back from automatic and unhelpful ways of thinking and responding.

Why practice Mindfulness?

By learning to be mindful more often, it is possible to develop a new habit that helps to weaken old, unhelpful and automatic thinking habits. For people with emotional problems, these old habits can involve being overly pre-occupied with thinking about the future, the past, themselves, or their emotions in a negative way. Mindfulness training in this case does not aim to immediately control, remove, or fix this unpleasant experience. Rather it aims to develop a skill to place you in a better position to step back from these unhelpful habits that are causing distress and preventing positive action. Studies have shown mindfulness skills to be effective at reducing the likelihood of having another major depressive episode; reducing symptoms of anxiety; reducing chronic pain; decreasing binge eating; increasing tolerance of distressing situations; increasing relaxation; and increasing skills to cope with difficult situations¹.

What does this course involve?

This course is divided into 4 sessions which will **introduce** you to the practice of mindfulness. The outline of each session is as follows:

Session 1

- Introduction explaining the importance of awareness and the benefits associated with mindfulness practice.
- Discussing the importance of being mindful of both yourself and others and the effect which this can have on your relationships.

Session 2

- Teaching you to notice your thoughts and emotions. (observe, describe and participate in each moments activity)

Session 3

- Teaching you to learn to tolerate something without judging it or trying to change it.
- Learning the benefits of focusing on one experience at a time

Session 4

- Exploring ways to incorporate mindfulness skills into your everyday life.
- Considering options for further mindfulness practice or training

This course sounds like it might be something I would like to apply for. What next?

If you are interested in attending this course please complete the referral form on the back of this leaflet and ask your doctor or another team member to sign the form.

I have some more questions about the programme and whether it is right for me. Who can I contact for some answers?

In the first instance we would encourage you speak to your doctor and seek any clarification about your diagnosis and the treatment recommendation. Having done so, if you have any further questions you can contact:

**U & ME Programme Co-ordinator,
Inniscarraig House,
Western Road, Cork.
Tel: 021/4921636**

Note:

- U&ME is a group programme offering 4 separate courses, each with 4 sessions.
- Each session lasts for 1.5 hours approx., and involves a combination of learning about new skills and practising them.
- This is leaflet 1 of 4.
- You may apply for 1, 2, 3, or 4 courses at your own discretion, in consultation with your treatment team.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

U & ME Programme Co-ordinator,
Inniscarraig House,
Western Road,
Cork.

Referral Form

U & ME Course 1: Mindfulness and Awareness

My Name: _____

Address: _____

Date of Birth: _____

Contact Phone No.: _____

Emergency Contact Phone No.: _____

Consultant's Name: _____

I _____ have read the information sheet and am willing to attend all 4 sessions which are part of this course. I have discussed this with my doctors and they are happy for me to attend.

Applicant's Signature: _____

Doctor/ Team Member's Signature: _____

Date: _____

I would also be interested in attending other U & ME Courses
Please tick:

- | | |
|---|--------------------------|
| Course 2: Can't Change It, Can Learn to Accept It | <input type="checkbox"/> |
| Course 3: Living with Feelings | <input type="checkbox"/> |
| Course 4: Relating to others | <input type="checkbox"/> |