



Mindful Self-Compassion Course for Sussex Partnership Staff

Working in the caring professions can be inspiring and rewarding, however it can also be hard work and at times stressful and emotionally demanding, particularly when juggling this with life outside of work.

Research indicates mindfulness can have numerous physical and psychological benefits including improvements in stress; anxiety; worry; low mood; sleep; immune function; personal relationships; compassion; creativity and enjoyment of life.

Based on the work of Kristin Neff and Chris Germer, Mindful Self-Compassion puts a particular emphasis on learning to be kinder to yourself and softening our inner critical voice. The course can be useful as a way of looking after ourselves, and in time, to integrate into our work with clients.

This Mindful Self-Compassion course consists of 9 weekly 2 and a half hour classes.

Participants are invited to do various practices in between sessions.

As part of the course you will be given a handbook and guided downloadable practices.

The course is offered free of charge to all Sussex Partnership employees, whatever role you are in. You will need agreement from your Manager to attend.

Where ? Group room 2, East Brighton Community Mental Health Centre, Brighton General Hospital site, Elm Grove, Brighton, BN1 3EW

When ? Mondays, 28th September to 30 November 2020, 3pm to 5.30pm, with an all day group on 14 November 2020.

How to apply ? Please sign up on the Sussex mindfulness Centre website here: <https://sussexmindfulnesscentre.nhs.uk/practice-and-governance/groups-for-staff/> or email smc@sussexpartnership.nhs.uk