



Mindfulness 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.

A Mindfulness course is a chance to take a pause, to learn a different approach to managing stress and difficulties, to reflect on what's important to you and to take care of yourself.

“For anyone looking to find a way of balancing the often competing demands of home, work, and not least, ourselves, it's worth their checking out a Mindfulness Course. Too often we overlook the basics in our lives and need to find a way of connecting with what really matters”. *Mindful Nation report*

The Mindfulness course consists of an introductory session followed by 8 weekly 2 hour classes.

Participants are strongly encouraged to complete approximately 30 minutes of daily practice between classes in order to gain maximum benefits.

As part of the course you will be given a handbook and guided practices via cd or audio file.

The course is offered free of charge to all Sussex Partnership employees, including administrators and management staff. You will need agreement from your Manager to attend.

If you are interested in attending a course, please complete the booking form here: <https://sussexmindfulnesscentre.nhs.uk/practice-and-governance/groups-for-staff/> or contact the Sussex Mindfulness Centre: smc@sussexpartnership.nhs.uk

Please note places are strictly limited, apply early to secure your place.