****

**Reconnect**

M. Winslow, 07968 692754

Classes,

1-1 work,

or further advice and materials



**What is MINDFULNESS?**

**Mindfulness-based stress reduction (MBSR) &**

**Mindfulness-based cognitive therapy (MBCT ) are**

… integrative, mind-body based trainings that enables people to change the way they think and feel about their experiences, especially stressful experiences. Mindfulness:

* pays attention to thoughts, feelings and body sensations to become directly aware of them, and better able to manage them;
* has deep roots in ancient meditation practices and also draws on recent scientific advances;
* is of potential value to everybody to help find peace in a frantic world.
* 
* .

***Neuroscientific studies find…***

* changes in those areas of the brain associated with decision-making, attention and empathy in people who regularly practice Mindfulness meditation;
* that meditation increases the area of the brain linked to regulating emotion, and that it improves people’s attention, job performance, productivity and satisfaction;
* that meditation increases blood flow, reduces blood pressure, and protects people at risk of developing hypertension: it also reduces the risk and severity of cardiovascular disease, and the risk of dying from it.

***People who have learned mindfulness…***

* experience long-lasting physical and psychological stress reduction;
* discover positive changes in well-being;

are less likely to get stuck in depression and exhaustion, and are better able to control addictive behaviour.

***Acknowledgements***

*The above material is taken largely from the website of the Oxford Centre for Mindfulness with some additions and order changes.*

Cognitive Therapy. MBCT). They showed that MBCT could significantly reduce the rate of recurrence in serious recurrent depression.

The results of further trials are equally striking. They show that in patients with three or more previous episodes of depression, *MBCT reduces the recurrence rate over 12 months by 44%* compared with usual care, and *is as effective as maintenance antidepressants in preventing new episodes of depression*. The UK’s National Institute for Health and Clinical Excellence (NICE) has recommended MBCT as a cost-effective treatment for preventing relapse in depression.

It is now clear that the 2002 publication of *Mindfulness-Based Cognitive Therapy for Depression (Segal, Williams, Teasdale)*was not only a highly significant advance in evidence-based therapy for recurrent depression but represents a milestone in the field of mental health.

To see the Oxford Mindfulness Centre’s vision for how to meet this challenge in the future see download our brochure ‘Preventing Depression and Enhancing Human Potential‘.

**About Mindfulness**

***Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, with compassion, and open-hearted curiosity.***

***Through cultivating mindful awareness, we discover how to live in the present moment rather than brooding about the past or  worrying about the future.***

It sounds and is simple, but it is remarkably hard to do. Especially in our modern task-focussed lives we don’t know how to pay wise attention to what we are doing, so we miss whole swathes of our lives, and easily get caught in over-thinking - damaging our well-being and making us depressed and exhausted.

People who have learned mindfulness are less likely to get depressed.  They also experience positive changes in well-being.

***Practice*** is essential to get the most out of the course. There are two practice routes: (1) with a main practice of 45 mins to an hour a day and (2) a route tending towards shorter and more frequent practice periods. The first route is strongly recommended if you suffer from significant anxiety or depression.

**In the MBSR/MBCT courses** you learn a number of practices and explore them with others. The practices are grouped into these types:

**Bodyscans**

Bodyscans teach you to be deeply aware of your body and the connection between your body and mind, tapping into your own wells of healing and ultimately bringing deep nourishment and relaxation.

**Movement**

Moving with awareness stretches your awareness of your body, and its relationship to your environment, in a different direction and has specific health and motivational benefits.

**Sitting Meditations – various types**

A number of sitting meditations are used, starting with awareness of the breath. The upright and alert position deepens your sense of calmness combined with empowerment in your own life.

**Pauses and 3-minute breathing spaces**

Techniques for bringing your learning into the rush of everyday life, developing good habits and interrupting negative patterns.

Mindfulness and Depression

Depression is a huge problem, afflicting about 121 million people worldwide.

It has tragic consequences: it lowers mood, saps energy, and reduces the will to live. Sufferers often find they cannot work, reducing their ability to earn a living for themselves and their families. Unlike other serious illness, depression has no outward signs – no blisters, fever, or rash – so it is invisible to others. Sufferers feel ashamed, worthless, a failure – and because they cannot understand why they feel so bad, constantly torture themselves with questions about what’s gone wrong.

Depression is not limited to rich countries.

The World Health Organisation says that:

* Depression is the leading cause of years lost to disability (YLD) in both high *and* low/middle income countries
* Depression can be reliably diagnosed and treated.
* Fewer than 25 % of those affected have access to effective treatments.

OMC Director Professor Mark Williams and his team in Oxford University’s Department of Psychiatry are responding to the pressing need for new ways to prevent depression. They are world leaders in the field of research into the prevention of depression through mindfulness.

Williams, together with colleagues John Teasdale (Cambridge) and Zindel Segal (Toronto) developed an eight week program of mindfulness training to prevent serious recurrent depression. It is called Mindfulness-based

Cognitive Therapy. MBCT). They showed that MBCT could significantly reduce the rate of recurrence in serious recurrent depression.

The results of further trials are equally striking. They show that in patients with three or more previous episodes of depression, *MBCT reduces the recurrence rate over 12 months by 44%* compared with usual care, and *is as effective as maintenance antidepressants in preventing new episodes of depression*. The UK’s National Institute for Health and Clinical Excellence (NICE) has recommended MBCT as a cost-effective treatment for preventing relapse in depression.

It is now clear that the 2002 publication of *Mindfulness-Based Cognitive Therapy for Depression (Segal, Williams, Teasdale)*was not only a highly significant advance in evidence-based therapy for recurrent depression but represents a milestone in the field of mental health.

To see the Oxford Mindfulness Centre’s vision for how to meet this challenge in the future see download our brochure ‘Preventing Depression and Enhancing Human Potential‘.

***Acknowledgements***

*The above material is taken largely from the website of the Oxford Centre for Mindfulness with some additions and order changes.*

**Reconnect**

M. Winslow, 07968 692754

Classes, 1-1 work, or further advice and materials

**In the MBSR/MBCT courses** you learn a number of practices and explore them with others. The practices are grouped into these types:

**Bodyscans**

Bodyscans teach you to be deeply aware of your body and the connection between your body and mind, tapping into your own wells of healing and ultimately bringing deep nourishment and relaxation.

**Movement**

Moving with awareness stretches your awareness of your body, and its relationship to your environment, in a different direction and has specific health and motivational benefits.

**Sitting Meditations – various types**

A number of sitting meditations are used, starting with awareness of the breath. The upright and alert position deepens your sense of calmness combined with empowerment in your own life.

**Pauses and 3-minute breathing spaces**

Techniques for bringing your learning into the rush of everyday life, developing good habits and interrupting negative patterns.