

Mindfulness for Stress Course

Course information

An 8 week course (2 hours a week), aiming to teach mindfulness tools and techniques to help people better manage stress and improve your quality of life.

What is mindfulness?

Stressful events happen and we often can't do much to change them. Mindfulness allows us to be able to better live with the unhelpful thoughts and feelings that our minds throw up as a result of these stressful experiences. Mindfulness doesn't get rid of all our problems – but it does help to change our relationship with them. Mindfulness, therefore, is a training for the brain to live more in the present moment, freeing you of constantly living in the past, or worrying about the future, both of which can be causes of stress.

Being mindful is simply being aware of your thoughts and actions in the present moment, without judgement. Mindfulness meditation is a type of meditation that involves focusing your mind on the present.

What will I get from the course?

After attending mindfulness for stress courses, people report a reduction in stress levels, better sleeping patterns, reduced anxiety, as well as improved mood and overall wellbeing.

What will I learn on the course?

Over the eight week course, individuals will learn ways to apply mindfulness to all aspects of their lives. Participants will learn a variety of techniques which will help train their brains to be more present, and hopefully reduce some of the suffering associated with stress – whatever its source.

As part of the learning on this course, individuals will be required to establish their own mindfulness practise outside of the course sessions.

No prior experience of meditation is required.

Enquire via phone or email
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