

8-week Mindfulness for depression Course

Specifically developed for people who have had a number of episodes of depression, these courses are run free of charge, thanks to funding from Betsi Cadwaldr Local Health Board. We are providing them as part of the Parabl Talking Therapies partnership. To find out more or book a place phone 0300 777 2257.



Who are the courses for?

Everyone can benefit from reducing stress levels and the courses are suitable for anyone who's struggling with the stresses of day to day life, whether caused by work, family life or life events.

What will you be doing?

The courses are very practical and you'll spend most of the time learning and trying out the meditation, yoga and body movement exercises that make up Mindfulness practice.

Does it work?

Recent research has shown that learning mindfulness can lead to measurable changes in the parts of the brain important for self-awareness, memory, learning and compassion. Regular mindfulness practice can help you:

- Manage pain/anxiety/depression more effectively. Mindfulness is recommended by the National Institute for Clinical Excellence (NICE) for people with recurrent depression
- Deal with stressful situations
- Experience pleasure in the simple things of life
- Increase self-awareness, self-acceptance and self esteem
- Make a commitment to really looking after yourself
- Bring yourself into the present moment with concentration, meditation, simple movement and relaxation techniques.