

LiveMind

What is LiveMind?

LiveMind is a four-session mindfulness-based course aimed at people who have experienced mental health difficulties in the past and are looking to manage and maintain their wellbeing. Adapted from 8-week evidence-based mindfulness programmes, this course aims to be more accessible for people who are interested in learning some mindfulness practices to support wellbeing, or for those who are unsure about committing to a longer course. It is a light touch introduction into Mindfulness that may support you in establishing or maintaining an existing practice or refresh any previous practice you may have.

What is Mindfulness?

Mindfulness is a way of paying attention to, and seeing clearly what is happening in our everyday lives. By being mindful we can observe the thoughts and feelings we are experiencing and learn to be kinder to ourselves. This means that we can ground ourselves and relate to thoughts and feelings as they come and go. Mindfulness can allow us to notice difficult thoughts and feelings without getting caught up in our common human reactions such as rumination (thinking about things over and over), suppression (pushing feelings away), and avoidance (doing things to escape painful feelings, even if these things cause difficulties in the longer term).

Practicing mindfulness has been shown to help people who experience a wide range of physical and psychological issues and can also help to improve our wellbeing.

What will we do in the course?

This is an introduction to mindfulness, helping us to train our attention and awareness through meditation. We will practice mindfulness together and begin to think about how we could start applying mindfulness to our daily lives. We will engage in some brief mindfulness practices and invite you to discuss your experience of the practices. All the practices are invitational, and we will not ask you to do anything you feel uncomfortable with; you can share as little or as much as you like.

Who will be in the course?

In the course there will be up to 12 people who have all experienced some mental health difficulties. All the course members will be learning about mindfulness together with the guidance and support of two trained, registered <https://bamba.org.uk/>, experienced, and supervised mindfulness teachers.

Supporting information

We will provide you with recordings and a workbook you can use to practice mindfulness at home if you so choose to do so.

When and where?

This course is made up of 4, weekly sessions each lasting 90 minutes, and 2 appointments pre and post course lasting up to an hour. The appointments either side of the group contribute and form part of the group itself. These groups vary in being offered online attended via zoom or in person at the Sir Henry Wellcome Building for Mood Disorders Centre, University of Exeter. The groups are being offered regularly throughout the year.

What happens next?

Once you have submitted a referral someone will be in touch to acknowledge your referral and to either arrange an appointment to meet the therapist or to confirm you are on a waiting list for the next available group.

The orientation appointment happens before treatment starts and is an opportunity to discuss anything you wish and make sure the course is right for you. At the end of the course there will be a short follow up appointment to discuss anything you valued and identify sources of further support. We will also seek your feedback on any ways that we can improve the course.