

## Mindfulness Sessions

Mindfulness is a tool that supports you to stay in the present and not dwell on the past or worry about the future. Mindfulness is not relaxation, although this may be a benefit. During these sessions you will be guided through a practice; and be invited to follow along as best you can. No prior knowledge of Mindfulness is necessary. These sessions will be facilitated by a qualified practitioner and a mental health professional; who will be able to provide support as needed in the session.

Each session will be 30 minutes and will consist of a 5 minute introduction, 15-20 minutes guided mindfulness and 5-10 minutes to reflect and share thoughts. Mindfulness is an opportunity to stop and pay attention to the present moment; to your own thoughts and feelings and to the world around you. This can help you identify what you need, and helps recognise early warning signs of stress and anxiety so that they can better managed.

### Group Agreement

These sessions have been set up for the benefit of Hertfordshire Health and Social care staff, as such we ask that you follow these suggestions to ensure that this is a safe and supportive group.

**Respect everyone's privacy.** Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

**Be kind and courteous.** We're all in this together to create a welcoming environment. Let's treat everyone with respect and kindness

**Everyone's experience is different;** respect everyone's experience without judgement.

**Everyone's time is valuable;** as best you can please arrive on time and minimise distractions.

### Practicalities

**Sign-up:** These sessions are free of charge and available to health and social care staff across Hertfordshire. To register your interest visit:

<https://www.mindinmidherts.org.uk/home/training-support-for-front-line-workers/>

Once you have registered your interest you will receive an email every week with the details you need to access the session.

**Zoom:** These sessions will be held over zoom. You can access this with the link that is emailed to you. You will also receive a telephone number so you can dial into the session. You will be

provided with a Meeting ID and a Password. These will be need to access the sessions. To learn more about Zoom you can access a video tutorial on the following link:

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->

**Comfort:** Mindfulness can be practiced in numerous ways; you will be invited to adopt a position that is most comfortable for you. This may be laying on the floor or sitting in a chair. It can be helpful to have a blanket and cushion available for your comfort. Many people also find using earphones beneficial as this helps minimise background distractions.

**Chat:** The Zoom software allows participants to send written messages. If you have concerns during these sessions or feel distressed please use the '**Chat**' feature. Select '**To Panellists**'; this will ensure that only the facilitators see this message. This is for your privacy.

**Support:** Mind in Mid Herts are your local mental health charity, affiliated to Mind - the leading mental health charity in England and Wales. We provide prevention, support and recovery services to empower people to take control of their mental health. We are here to support you. If you need additional support or need to talk after these sessions please email [training@mindinmidherts.org.uk](mailto:training@mindinmidherts.org.uk) so we can arrange to call you.

**Recordings:** We appreciate that not all staff will be able to attend these sessions. We will be aiming to produce recordings of the guidance that can be accessed on Google Drive. The link to access these sessions in Google Drive will be included in your initial email.