

# Mindfulness

## 9 WEEK COURSES FOR CARERS

[www.mindfulhealth.co.uk](http://www.mindfulhealth.co.uk)

**funded by Brighton & Hove  
City Council and The Clinical  
Commissioning Group**

**Thursday mornings  
with Taravajra**

10.30am - 1.00pm  
7th October - 2nd December  
28th November - all day

Two and a half hours a week for nine weeks can change your life:

That's the length of these Mindfulness-Based courses used within the NHS and elsewhere to build skills to work with problems linked to chronic stress including anxiety, low mood, pain etc. You learn techniques that help you to pay attention to what's happening in the mind and body moment by moment. This helps because we are often lost in habitual fretting and worried thinking that amplifies our stress, anxiety or depression and stepping out of it helps us make better choices about how to take care of ourselves. This group-based approach to Well-Being is just for Carers who will understand the challenges you are facing and the tutors have been running these courses with Carers for well over 10 years. The course is not group therapy but a practical approach to developing skills and understanding for health and well-being.

**2021  
COURSE**

**All classes taught  
online via Zoom**

FOR MORE INFORMATION AND TO BOOK A PLACE  
Tara at [taravajra1@gmail.com](mailto:taravajra1@gmail.com) 07821 510884