

Mindfulness at Pavilions

Mindfulness is simply present moment awareness, and an open and friendly willingness to what is going on within and around you.

Living mindfully means living in the present moment (which is different to thinking about the present moment), without judging or ignoring anything, or getting carried away by the pressures of everyday life. Mindfulness might be feeling the sun on your skin, the salty tears running down your cheeks, or even feeling a ripple of frustration running through your body. Mindfulness is experiencing both joy and misery, as and when they occur, without having to do something about it or having an immediate reaction or opinion.

Mindfulness is taught with a number of practices, some of which are formal meditation practices but some are more related to cognitive behavioural therapy. It is this very different approach to experience that lead participants in mindfulness courses to call it life changing. Mindfulness has been widely researched and proven to reduce stress, depression, anxiety, anger and physical symptoms in long term chronic health conditions. It is also recognised as a valuable tool for people in recovery from substance misuse.

Mindfulness in Recovery

Mindfulness in recovery is well researched, and participants of the 8 week Mindfulness Based Relapse Prevention Programme (MBRP) have reported reduced drug and alcohol use, less craving, and the development of coping strategies for dealing with the negative emotion's that are so strongly associated with relapse.



What Clients Say

"It's changed the way I respond to life-and alcohol"

"I feel I have slowed down and am more aware of my surroundings. I am more at peace with myself"

"I have found this course far more beneficial than I thought possible"

"I have learned lots about myself through meditation-I realised I was in a fog. I feel elevated and enriched by this"

Mindfulness at Pavilions

Mindfulness is about being fully present and aware of what is going within and around you. It is about being open and curious about our experience, rather than overly reactive or overwhelmed by it.

"It's changed the way I respond to life and alcohol"

To try it or to continue your practice, come to our drop-in on Mondays 12:15-1:15pm Richmond House

Our **8 week Mindfulness Based Relapse Prevention course** runs regularly at Pavilions.

Participants learn to develop their meditation practice, which builds resilience and provides practical skills for dealing with negative moods, triggers and thoughts.

"I have learned to stop and breathe, to respond rather than react"

Participants are provided with a CD of recorded meditations to listen to at home as well as a workbook to refer to after each session.

For more information speak to your care co-ordinator.

How to engage with Mindfulness at Pavilions

If your substance misuse is under some degree of control and you would like to experience mindfulness it would be a good idea to come to the drop in initially. This is an hour of short meditation practice's and discussion, and is a good way to see if mindfulness is for you.

If you would like to attend the 8 week group please talk to your care coordinator.