

Meditation and Mindfulness

An **Introduction to Mindfulness Meditation** is available at the University on **Tuesdays from 12.30-1pm**. The sessions take place in the Chaplaincy prayer and quiet room (Bredon 179). After the sessions, tea and coffee are available in the Chaplaincy meeting room; this offers an opportunity to find out more about meditation and mindfulness and to talk through experiences and ways of practicing. A range of chairs, meditation mats, cushions and stools are available in the Chaplaincy.

Mindfulness sessions are open to all students and staff. No previous experience is necessary and you are welcome to just drop-in or attend the whole introductory course. For more information please contact Senior Counsellor, Rod London r.london@worc.ac.uk.

The next Introduction course dates for 2016-17 are:

25th April

2nd May

9th May

16th May

23rd May

Meditation and psychological benefits



Meditation allows mental activity to slow down in a natural way whilst alertness is maintained and enhanced. Meditating leaves people feeling mentally refreshed, calmer, more relaxed and with a greater sense of well-being. Benefits increase with regular practice. Those who practice meditation or mindfulness regularly find that they feel at ease with the world, often linked with improvements in self-esteem, self-confidence and inner peace. It can also help to improve concentration and the ability to learn and remember.

A systematic review of 144 studies found that meditation was markedly more effective in reducing anxiety than other techniques (Journal of Clinical Psychology). Meditation has also consistently been found to reduce depression, hostility, and emotional instability, indicating the growth of a more stable, balanced, and resilient personality.