



University
of Worcester
Student Services



Meditation and Mindfulness

Tuesdays at 12.30pm-1.00pm in the
Chaplaincy Room (Bredon 179)

Sessions include mindfulness exercises and an
opportunity to learn more about meditation,
mindfulness and ways of practicing.

Everyone is welcome

no previous experience is necessary



Find us on Facebook
'positivementalhealth'

For more information email:
r.london@worc.ac.uk

The course dates for 2018 are:

- 9th January: Introduction to Mindfulness
- 16th January: Mindful Body: using your senses and balance
- 23rd January: Mindful Skills Practice
- 30th January: Mindful Eating: a tasty session, using mindful eating exercises
- 6th February: Mindful Sleeping: supporting restful sleep
- 13th February: Mindful Studying: focusing your attention
- 20th February: Mindfulness Skills Practice
- 27th February: Mindful Walking: using your senses and movement (outside, weather permitting)
- 6th March: Mindful Walking: using your senses and movement (outside, weather permitting)
- 13th March: Mindful Heart: using mindfulness to improve relationships
- 20th March: Mindful Endings: letting go and moving on

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 wellbeing. 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.

Meditation has also been found to reduce anxiety and depression, and supports the development of balance and resilience.