



# Mindfulness Group

## Taster session 16<sup>th</sup> December 10am

*Adult Mindfulness sessions for parents/carers with a child 0-3 years living in Midlothian, aimed at reducing the stress and anxieties around birth and early parenthood.*

Midlothian Sure Start will be running an adult Mindfulness group starting on the 13<sup>th</sup> January 2021. The course will last for 8 weeks although it is not necessary to attend all sessions.

### How can Mindfulness help our mental and emotional wellbeing?

*'Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.'*

*"Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience," says Professor Williams, "and to see how we can become entangled in that stream in ways that are not helpful."*

– NHS <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Often we spend our time thinking about things that have happened in the past or worrying about things in the future.

Mindfulness is really just about taking time to be in the present moment and we will do this with some gentle breathing exercises.

By spending some time in this moment we can relax and settle our minds and hopefully end up feeling a bit better.

Why not come and give it a go on **Wednesday 16<sup>th</sup> December 2020 at 10am** via Zoom

For more information and the link, please contact **Anna Shepherd** at:

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