**What is Mindfulness Based Cognitive Therapy?**

Mindfulness Based Cognitive Therapy (MBCT) is a group programme that combines meditation and cognitive behaviour therapy to help people improve well-being and manage problems with depression and stress. It is recommended within NICE health guidelines.



**What can I expect at the group?**

* Sessions will take place usually every week for 8 weeks. Each class lasts 1 hour and 30 minutes.
* Different meditation exercises each week, involving sitting, lying, walking and gentle stretching. A reasonable level of physical ability is required but all exercises can be adapted.
* We will be outside so please come prepared for the weather.
* You will be invited to reflect on how you find the medications, but you don’t have to speak if you don’t want to.
* The session involves discussion and support around mental well-being.
* We recommend that people practice the exercises at home between the group sessions to get the most benefit from the course.
* Accompanying materials to guide you at home are included.

**Double dose effect in nature**

Research indicates extensive evidence for the role of being in nature in reducing a range of mental health symptoms.

**Who is the group for ?**

Anyone who would like to join us in connecting, embracing the season, and improving health and well-being.

**Who is the group not suitable for?**

MBCT might feel too difficult if you are acutely unwell with depression, for example, if you are feeling suicidal. It is not recommended for people with acute symptoms of trauma or for people who have had a recent close bereavement.

**Benefits of practicing Mindfulness**

* You will develop a better understanding of how your minds works and become more equipped to notice negative patterns and mental habits.
* Be more able to stand back from distressing thoughts and feelings.
* Recognise early warning signs allowing you to take helpful action.
* Put less effort into trying to ‘fix’ things or strive for results.
* Be kinder and gentler to yourself.

**Useful Numbers:**

Samaritans: 116 123

National Suicide Prevention Helpline UK: 0800 6895652

Shout: If you prefer text to talk, text SHOUT to 85258

NHS: 111

**To book your place, arrange a screening call, or find out more, please contact:**

**Sharon Brennan and Sarah Malyon**

**Email:** **admin@changebeginstodaycbt.co.uk** **Call: 07896 577130**