

Lunchtime Mindfulness Meditation

Jan - April 2020

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Mindfulness means paying attention in a particular way; On purpose, in the present-moment, and non-judgementally.

Jon Kabat-Zinn

These sessions are designed to introduce participants to a range of mindfulness meditation practices they may find helpful in their everyday lives, at work and at home; practices that may help them to find ways to reduce stress and develop a better sense of well-being. Each session will involve one or two meditation practices, and there will be opportunity for questions and discussion.

The sessions are **open to staff and students** with or without prior experience of meditation, and are designed so that you can dip in and out if you wish to.

Students can book here: <https://workshops.ncl.ac.uk> (staff do not need to book).

The sessions will be led by Michael Atkinson, Lecturer in Medical Education, School of Medical Education.

Sessions will be held in the Faculty of Medical Sciences (FMS) and Humanities & Social Sciences (HaSS).

FMS sessions will be held in the **Graduate Training Suite** in the Medical School and HaSS sessions will be held in either **6.16 PGR Training Space** or **6.19 PGR Learning Lab** in the Daysh Building (these rooms are next door to each other on the 6th floor).

17.01.20 (FMS) Mindfulness of Breathing 1.15 - 2.00pm

27.01.20 (HaSS) Mindfulness in Everyday Life 12.00 - 12.45pm

04.02.20 (FMS) Managing Stress 1.15 - 2.00pm

11.02.20 (HaSS) Loving-kindness Meditation 12.00 - 12.45pm

20.02.20 (FMS) Enhancing Attention 1.15 - 2.00pm

25.02.20 (HaSS) Body Scan Meditation 12.00 - 12.45pm

03.03.20 (FMS) Mindfulness and Mental Health 1.15 - 2.00pm

10.03.20 (HaSS) Working with the Critical Mind 12.00 - 12.45pm

17.03.20 (FMS) Mindful Movement 1.15 - 2.00pm

24.03.20 (HaSS) Mindfulness and Physical Health 12.00 - 12.45pm

Contact michael.atkinson@ncl.ac.uk if you would like more information.