

# SuppoRTT

## Supported Return to Training

# Introduction To Mindfulness

### What is mindfulness?

Mindfulness is the practice of bringing your attention to the present moment without judgement and with kindness and curiosity.

Mindfulness helps you become more self-aware, feel calmer and less stressed, be more able to choose how to respond, cope with difficult or unhelpful thoughts and be kinder towards yourself.

### Is mindfulness right for me?

Anybody can try mindfulness and it can be practised by anyone at any time (it's not just about sitting on a mat in a quiet room!), but it is a skill and does require practice! It may not be for everybody, but if you're looking for a method to help you manage workplace stress and improve your quality of life, then you might like to take this great opportunity to explore it for yourself.

### 1 Day Course 10:00-15:00

11 June 2019- Willow Terrace Road, Leeds

10 July 2019- Woodside, Rotherham

25 July 2019- The Learning Centre, Hull

31 July 2019- Willow Terrace Road, Leeds

20 August 2019- Woodside, Rotherham

The course will be delivered by **Rachael Garside** who is a trained and experienced mindfulness teacher. She runs her own company, **Tall Spaghetti**, which delivers mindfulness training and executive coaching.

For more information, please contact Dr Sanjay Suri, [sanjay.suri2@nhs.net](mailto:sanjay.suri2@nhs.net) or Rachael Garside, [Rachael@tallspaghetti.co.uk](mailto:Rachael@tallspaghetti.co.uk)

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*SuppoRTT: An Introduction To Mindfulness*