

# Mindfulness for staff health and wellbeing

The Nottingham Centre for Mindfulness in Nottinghamshire Healthcare Trust are now offering several mindfulness interventions free to health, social and council staff members through the NHS Staff well-being HUB.

## Mindfulness Drop-In Sessions

Mindfulness drop-in sessions are open to all. No need to apply and everyone is welcome, whether you are an experienced meditator or new to meditation. Sessions last for 15 mins and are led by an experienced mindfulness teacher. Our sessions are held online via MS Teams on Tuesdays at 08:30 and Thursdays at 12:30. To access the sessions please follow this link to MS Teams [Click here to join this session](#) or email: [hubmindfulness@nottshc.nhs.uk](mailto:hubmindfulness@nottshc.nhs.uk)

## Mindfulness Workshops

We are currently offering several mindfulness workshops covering a number of topics

- Mindfulness for Wellbeing
- Mindfulness & Self-Compassion
- Mindfulness for the menopause
- Mindful eating

All of our workshops include short mindfulness practices, additional resources and advice on where to find support and are held via MS Teams.

For available dates and times please contact us: [hubmindfulness@nottshc.nhs.uk](mailto:hubmindfulness@nottshc.nhs.uk)

## Mindfulness Groups

### Six Week Introductory Course

This is a 6-week course of 1-hour sessions per week

### Mindfulness Based Cognitive Therapy for Life (MBCT-L)

This 8 week of 2-hour sessions is for anyone experiencing stress, mild anxiety or early signs of low mood.

### Mindfulness Based Cognitive Therapy (MBCT)

This 8 week of 2-hour sessions is for anyone experiencing a clinical level of low mood or depression

For more information on our groups and available dates please contact us: [hubmindfulness@nottshc.nhs.uk](mailto:hubmindfulness@nottshc.nhs.uk)

For information about mindfulness for staff wellbeing please visit [www.nottinghamshirehealthcare.nhs.uk/mindfulness-for-staff-wellbeing](http://www.nottinghamshirehealthcare.nhs.uk/mindfulness-for-staff-wellbeing)