

Course Details

Dates Feb 3rd, 10th, 17th, 24th

Times Tuesdays 4pm – 5.15pm

Venue Harmony Suite,
UCD Student Centre
(Swimming pool building)

To register

Please email your name and
student no. to:
Themindfulstudent@ucd.ie

Facilitated by

Jean Lynch,

Counselling Psychologist

& **Bronagh Hanna,**

Systemic Psychotherapist—Student Health
& Counselling



MIEA Mindfulness

4 Week Course

Facilitated by

Jean Lynch
Counselling Psychologist
and Bronagh Hanna
Systemic Psychotherapist



Introduction to Mindfulness

- A four week course which uses mindfulness practices to increase awareness
- Choosing to respond to situations rather than reacting automatically
- Learn to tackle stress and gain a healthier perspective
- Get in touch with what really matters to you

What is Mindfulness?

Intentionally and non-judgementally becoming aware of our bodies, minds, emotions, and the world around us

Letting our experiences unfold moment-to-moment

Who is Mindfulness for?

Mindfulness can be practiced by everyone.

Mindfulness can help you with

- Managing stress or anxiety
- Managing difficult emotions
- Managing intrusive and repetitive thoughts
- Managing chronic pain

It is not recommended to learn Mindfulness if you:

- Are depressed at the moment
- Have an acute illness
- Are having an acute attack of an existing illness
- Are in the middle of a life crisis e.g. cancer diagnosis, recent bereavement
- Are physically dependant on drugs or alcohol

If you are attending a mental health professional please discuss the appropriateness of this course prior to registering

How does the programme work?

We meet together as a group once a week to:

- Practice breathing techniques, visualization exercises and guided meditations
- Explore key concepts of mindfulness
- Develop skills to quiet the mind
- Participate in mindful practices
- And discuss how the practice of mindfulness can be incorporated into our daily lives

We will learn:

- How to gain balance
- Factors that contribute to stress, anxiety and depression
- Skills to handle thoughts and feelings differently
- Mind/body practices to increase awareness

It is essential that you attend all 4 sessions of the programme and complete a daily home practice for the duration of the course