

# MINDFULNESS

## SESSIONS AVAILABLE FOR EMPLOYEES



Following two trial events in December, we are offering all employees the opportunity to join mindfulness sessions. These will explore mindfulness techniques to help deal with the stresses and strains of everyday life, so may be particularly relevant at this time.



This voluntary training comprises two 30 minute sessions on Wednesday, 24th and Friday, 26th February, which are held virtually. A quiet environment where you will not be disturbed is recommended when participating. **Please note the sessions include meditation which, while enjoyed by many, is not everyone's cup of tea!**

### Previous participants said:

*"I found the session to be a refreshing change from the daily grind."*

*"The session was very useful and gave me time to reflect on how busy my mind is."*

*"I think it would be useful to others and would benefit people who find it difficult to cope with the stresses of day to day life."*

Mindfulness skills can help to strengthen resilience, focus and increase concentration levels.

To book your sessions, visit <https://wellbeingbooking.co.uk/events/JNWWUN>

**Note:** Attendees only have to book one slot, not one for each session.

**Any questions? Contact the Health & Safety team.**

