

Professional Support & Wellbeing Service HEE Thames Valley



***New* Mindfulness Programme**
Mindfulness virtual drop-in sessions
for all trainee doctors



2nd and 4th Tuesday of each month at 7.30pm starting 26th April 2022

These 45 minute on-line sessions will include simple guided mindfulness practices aimed at ways of finding focus and anchor and a sense of well-being in the midst of a busy or stressful life. There will also be opportunity to reflect on the practices together and support for how to bring such practices into our daily lives.

Mindfulness Based Cognitive Therapy (MBCT) is the evidence based core curriculum all these sessions will be rooted in. But the particular practices we shall be exploring will be taken from the book: 'Mindfulness – a practical guide to finding peace in a frantic world' by Professor Mark Williams and Dr. Danny Penman. It is not necessary to read this book but it could be helpful if you would like some background.

To register and receive a link for the sessions please click [here!](#)

Important: Mindfulness can be very supportive for managing stress, anxiety and depression but if you have a pre-existing clinical mental health issue it is important that you speak to your own medical practitioner before joining these sessions.



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WEBSITE: thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing

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TRAINEE-CURATED WELLBEING RESOURCE HUB:
www.tvpsw.com