





**Awareness** – Although lots of people have busy and hectic schedules, taking things a little slower to pay attention to what is happening around you can have a beneficial impact on well-being. Whether it's noticing that the flowers have grown in the park you walk past on your way to work or seeing someone familiar on your train journey, giving space to small experiences like these may increase well-being.

**Websites** – There is a great deal of information on the internet regarding mindfulness principles and practice. This can be a great place to begin to learn about mindfulness and how to incorporate it into your life. Mindfulnet (see resources below) has a great deal of information as well as links to many other mindfulness websites.

**Books and Guided Meditation** – Many books have been published on how to incorporate mindfulness into your life, from both psychological and Buddhist perspectives. Some local NHS Mental Health Trusts have schemes which make mindfulness books available at local libraries. Ask your GP if such a scheme exists in your area. Even if it does not, your local library may have some mindfulness titles in its collection. In addition, many of the titles are available for sale online. Sometimes these titles include audio recordings of guided meditation on CD or for download. Many of these recordings are also available separately.

### *Long-term*

**Online courses** – The Mental Health Foundation has set up an online mindfulness course (£60 fee), which includes 10 sessions that you can complete at your own pace (see 'Be Mindful Online' link below). Thousands of people have participated in this course, which incorporates elements of both Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy.

**Training course** – The Mental Health Foundation provides a listing of mindfulness courses throughout the UK via their 'Be Mindful' website (see resources). Full length courses tend to run for eight weeks, though there are shorter courses and introductory sessions available as well. The Centre for Mindfulness Research and Practice at Bangor University and the Oxford Mindfulness Centre at Oxford University provide training for those who would like to teach Mindfulness Based Cognitive Therapy or Mindfulness Based Stress Reduction.

## REFERENCES

<sup>1</sup>"Be Mindful," Mental Health Foundation, <http://www.bemindful.co.uk/>



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PACE is London's leading charity promoting the mental health and emotional well-being of the lesbian, gay, bisexual and transgender community.



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