

MINDFULNESS



EVERY MIND
MATTERS

HOW MIGHT IT HELP ME?

DID YOU KNOW?

Mindfulness is recommended in the NHS as a first-line treatment for less severe depression?(1) Mindfulness, taught as Mindfulness-Based Cognitive Therapy (MBCT) has long been a treatment for relapse prevention for those with recurrent depression(2) and this has been backed up by many studies(3). It is now also recommended as a first-line treatment, before medication and counselling(4).

MIGHT IT HELP ME?

- If you have less severe depression and want to avoid medication
- If are not presently depressed to help prevent it coming back again
- If you do not want to take medication

WHAT'S INVOLVED?

- Paying attention to what is going on inside and outside ourselves, moment by moment.
- Reconnecting with our bodies and the sensations they experience
- Awareness of our thoughts and feelings as they happen moment to moment
- Becoming more aware can help us enjoy the world around us more and understand ourselves better

WHAT HAPPENS?

- Mostly taught as a group by a facilitator with experience of mindfulness.
- Course lasts about 8 weeks.
- Each weekly session is about 2 hours.
- There is also mindfulness practice to do at home. This is the largest part of the course and there needs to be a commitment to practising.

I'M INTERESTED - WHAT NEXT?

Speak with your GP and they can put you in touch with the talking therapies service (IAPT). They will discuss with you if mindfulness is suitable and if so, how to access a course.

Notes

(1) Depression in adults: treatment and management NICE guideline [NG222] (Published: 29 June 2022)

(2) Depression in adults: recognition and management. Clinical guideline [CG90] Published: 28 October 2009

(3) JAMA Psychiatry. 2016;73(6):565-574. doi:10.1001/jamapsychiatry.2016.0076

(4) Depression in adults: treatment and management NICE guideline [NG222] Published: 29 June 2022