




If you would like any further information about Mindfulness and want try some sessions, contact our Occupational Therapists at St Gemma's Hospice  
Main Reception - 0113 218 5500



Some short Mindfulness Meditations are available on the St Gemma's Hospice Website  
[www.st-gemma.co.uk/patient-hub/mindfulness](http://www.st-gemma.co.uk/patient-hub/mindfulness)

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Website: [www.st-gemma.co.uk](http://www.st-gemma.co.uk)  
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# Mindfulness

Do you spend time worrying about the future, unpleasant symptoms or pain?  
Missing small or pleasurable moments in your day?  
Then Mindfulness may be for you



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[www.st-gemma.co.uk](http://www.st-gemma.co.uk)



## What is Mindfulness?

Mindfulness is a self- help skill that can change the way we relate to our everyday experiences by learning to be more present in the moment.

Evidence has shown that regular practice of mindfulness over time can change pathways in the brain that can help you relate to situations in a different and often more useful way - Weber,J. (2021)

We learn to do this by practising meditations using different focuses – such as breath, sound, visualisation or whatever you prefer. There are lots of different things to focus on, so you can find one to suit you.

With practice, Mindfulness can become a way of life, without the need for specific meditations.

Mindfulness can simply be fully enjoying a cup of tea ....

## Be More Present

What can  
I see

What can  
I hear

What can  
I smell

What can  
I taste

What can I  
feel/touch

How warm  
or cool am I



## How can it help?

- ♥ Pain management, how you relate to pain
- ♥ Dealing with constant and repetitive worries
- ♥ Improves concentration and focus
- ♥ Appreciation of everyday experiences
- ♥ Allows you to be more present and aware, with what is going on in the moment
- ♥ To be more kind to yourself
- ♥ Develops resilience and acceptance to cope with difficulties

## What can I expect?

- ♥ Sessions will be run at St Gemma's Out-Patients, either in a small group or 1 to 1
- ♥ Sessions can also be offered for In-Patients or at home
- ♥ It is useful to practice at home - some resources will be provided to aid your continued use on your own

