

# Mindfulness Based Stress Reduction

*PAUSE . BREATHE . BE*



This powerful 8-week course will help you develop tools that support stress management. During these difficult times learning tools to manage our stress can positively impact our physical, emotional and mental health. We know that too much stress triggers anxiety, depression and increased pain leading to tension and reactivity. This course offers a variety of tools to bring into your life. If you are feeling trapped in a cycle of stress give yourself these 8 weeks it could positively impact your mind, body and relationships. Would you like to:

Become familiar with the workings of your mind and notice the times when you are at risk of getting caught in old habits of mind that re-activate downward mood spirals

Explore ways of releasing yourself from those old habits and, if you choose, enter a different way of being.

Get in touch with a different way of knowing yourself and the world

Notice small beauties and pleasures in the world around you instead of living in your head.

Be kind to yourself instead of wishing things were different all the time, or driving yourself to meet impossible goals.

Find a way so you don't have to battle with yourself all the time

Accept yourself as you are, rather than judging yourself all the time.



BOOK NOW TO  
RESERVE A PLACE

Day/time: Wednesday mornings, 9.30-11.30am

Via ZOOM online – links given every week

**TASTER SESSION DATE:** Wednesday 27<sup>th</sup> Jan 2021 9.30-11am

**INCLUDED IN COST : RETREAT DAY MID MARCH TO BE CONFIRMED**

**COURSE DATES:** Wed 10<sup>th</sup> Feb 2021 for 8 weeks consecutively 9.30-11.30am

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Website: [MPCP.info](http://MPCP.info) Cost: £150