

Trinity College Mindfulness Sessions

Easter Term 2020

What are the sessions?

- Tasters to find out more about mindfulness and see if it is right for you and whether you'd like to explore it further, or not! You are welcome whether you have experience of mindfulness or are new to it. There will be a different theme each week.
- The theme for the first week is *Being Here and Now* and we will be exploring simple ways that we can tune into our present moment experience, through the senses and small actions we do every day. *Please bring a glass of water to the session!*

Self-care and existing mental health conditions

- Mindfulness is about awareness, self-care and choice. It is important to take care of yourself and make the right choice for you in terms of your participation in this session. Occasionally that choice might be not to attend at this time.
- While choosing to be present and tuning into our experience may be supportive - enabling us to find a steady place and have greater choice in how we respond - there are times when it is not appropriate to practice mindfulness, especially for the first time.
- If you are currently suffering from severe periods of anxiety or depression, experiencing hypermania or psychotic episodes, have had a recent bereavement, trauma or loss, then this session is not appropriate for you at this time. If you are experiencing these or any other problems you are encouraged to contact the Chaplain, John Summers, for confidential advice and help with finding appropriate support: john.summers@trin.cam.ac.uk or 07760464490.
- If you have an existing mental health condition and are already under the care of a medical professional then please, first, discuss with them whether now is the right time for you to be practising mindfulness and what setting would be most appropriate for you to do so.
- If you are in the midst of substance abuse then it would not be appropriate to access mindfulness at this time. Again, if this applies to you, please contact the Chaplain (details above) for confidential help and support.

Self-care in the online environment:

- You are invited to approach this session as you would an in-person workshop.
- You are encouraged to have your video on during the sessions so I can see you and to build a sense of community; at the same time it is your choice. If your video is on, being aware of the space around you and what others will see on screen.
- If possible, find a space where you can be relatively undisturbed. If it's possible to wear headphones, especially if you are in a shared space, this will support privacy and confidentiality and may also help you tune into the workshop.

Self-care in the session

- You can choose whether and how far you participate in practices and exercises. If something doesn't feel right to you, feel free to adapt it or not to do it at all.
- You can choose how whether and how far you engage in discussions, only sharing what feels comfortable.
- You should take care of yourself physically, choosing a chair that enables you to sit well, so you are comfortable and supported. Feel free to move and stretch during the session.

Privacy and Confidentiality

- It is fine to share and process your personal experience of the sessions. Please respect the privacy and confidentiality of others in the group and do not name anyone else in the sessions or discuss them or their experience in a way that would identify them.
- Please do not record the sessions or take screenshots.

Attendance and Communication

- We will start at 8pm so that we can finish promptly at 9pm
- If you need to leave the session before the end please send me or the Chaplain a private chat message to let us know and please check in with the Chaplain afterwards.
- We will be available at the end of the session if you have any questions or would like support with your mindfulness practice.

Elinor Brown, Session Leader

Chaplain's contact details: John Summers, john.summers@trin.cam.ac.uk, 07760464490