



Mindfulness and Resilience to look after yourself

Date Sunday 22nd May

Venue Elsie Briggs House, Westbury on Trym

Coffee from 9.00

Start at 9.30 am and finish at 4.30 pm

This day has been designed to provide you with some exercises and practices to help you to relax, deal more effectively with stress and be happier in your daily life!

We are holding this day Elsie Briggs House in Westbury on Trym village. It is a lovely, peaceful old building with a walled garden. We have full and exclusive use of the house for the day, and you are welcome to explore and to use any/all of the rooms.

One important note: Please do ensure that you can stay until the end. It is really important to the success of the day that we are all together until finish time!

Other notes:

- **None of the activities below is compulsory** (except the initial and ending plenaries, which we'd like everyone to be at, if possible). There are spaces in the house – and in the garden if it's fine – for you to spend time on your own or with others if you would like to. Julia and I will show these to you.
- **There are teas, coffee and biscuits provided.** Help yourselves at any time during the day.
- **We'll have a shared lunch**, and it would be great if you could bring something. Do liaise with Ali Baron re what you'd like to bring.
- Some of the Mindfulness work is lying down or sitting. Come in **warm, comfortable clothes**, and bring something to lie on. It may be chilly, even in late May! You might also like to bring **a blanket or a warm cover**.

The day will be led and facilitated by **Julia Wallond** and **Jo Hennessy**. Julia is a GP and Mindfulness practitioner and teacher: Jo has trained in Positive Psychology and teaches Resilience to a range of professionals.

Programme

9.00 – 9.00	Welcome and coffee
9.30 – 9.40	Tour of the house
9.40 – 10.00	Introductions, aims for the day and setting the scene
10.00 – 11.15	Introduction to Mindfulness – Julia
11.15– 11.30	Coffee
11.30 – 1.00	<p>Reading and Writing for pleasure and reflection – Jo</p> <p><i>We will spend some time reading and reflecting on some poems, and then have the opportunity to do some writing. This is not a technical test or a competition! Whether or not you write/share any writing is completely up to you.</i></p>
1.00 – 2.00	<p>Lunch</p> <p><i>Our shared lunch will be in the garden if fine; if not, in the kitchen. Please bring food that does not need a lot of preparation time!</i></p>
2.00 – 2.45	<p>Mindfulness practice – Julia</p> <p><i>This session will include gentle movement and sitting practices, followed by the opportunity to ask questions about Mindfulness.</i></p>
2.45 – 3.45	<p>Why is modern life designed to make us unhappy? And ways to be happy and resilient despite this – Jo</p> <p><i>We will consider some of the ‘myths’ of what makes us happy, and some of the principles of positive psychology. We will also learn some simple exercises to make us more resilient.</i></p>
3.45 – 4.00	Tea and space for personal reflection
4.00 – 4.30	Closing plenary
4.30	Close

Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library. All shared documents from recent courses are stored in the library. You can access it at any times and search for documents or topics using key words.