

# Building resilience: mindfulness, creative writing and positive psychology

Date: Sunday 16 October 2016

Venue: Elsie Briggs House, Westbury-on-Trym

Time: 9.45 am – 4.30 pm

Coffee from 9.15 am

## Aims of the day

By the end of the day you will have

- had some useful rest and recuperation
- learned new skills to help you to take care of yourself, including some that you will have the chance to develop after the course, should you wish

## What will I do on this day?

The day has been designed to provide

- a beautiful and peaceful space to relax, *and*
- the opportunity to take part in activities that are nurturing and inspiring in our busy working lives
- guidance and support in recognising and responding to our own 'self care' needs

These activities include

- **learning about and experiencing Mindfulness practice**
- **discussing and practising Positive Psychology and Adaptive Resilience; how these can help us lead happier and less stressful lives**
- **taking part in Reading and Creative Writing workshops for fun and to develop personal insights**
- **sitting, resting, talking, reading or thinking both inside the house and in the lovely garden**

*Please note that there is no obligation to take part in all the workshop activities. If you wish, you can 'dip in and out' and spend some time just relaxing!*

## Practicalities

- All activities are optional, and even if you choose to do them all, there will be unstructured time during the day just to 'be'
- We will be having a shared lunch: you are invited to bring some simple food to share with the group
- The group size for each day is limited to 10 participants

## Educators

The day will be facilitated by **Julia Wallond**, GP and Mindfulness practitioner, and **Jo Hennessy**, Educationalist, Writer and trainer in Adaptive Resilience

# Overview of the day

9.20 – 9.40	<b>Welcome, coffee and tour of the house</b>
9.40 – 10.00	<b>Introductions, aims for the day and setting the scene</b>
10.00 – 11.15	<b>Introduction to Mindfulness – Julia</b>
11.15- 11.30	<b>Coffee</b>
11.30 – 1.00	<b>Reading and Writing for pleasure and reflection – Jo</b> <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>
1.00 – 2.00	<b>Lunch</b> <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>
2.00 – 2.45	<b>Mindfulness practices – Julia</b> <i>This session will include gentle movement and sitting practices, followed by the opportunity to ask questions about Mindfulness.</i>
2.45 – 3.45	<b>Practical tools and practices to make us more resilient – Jo</b> <i>In this session we will look at what we really mean by being 'resilient', and explore and some simple and accessible practices that increase our resilience.</i>
3.45 – 4.00	<b>Tea and space for personal reflection</b>
4.00 – 4.30	<b>Closing plenary</b> <i>What have we learned and experience and what will we do next?</i>
4.30	<b>Close</b>

## Course documents

Any handouts from this day 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 time and search for documents or topics using key words.