


Hi All

Welcome to our **2017 Autumn Newsletter** collated to share with those interested in learning more about mindfulness and deepening their practice opportunities. We also include information about **Teacher Training** and **Retreats** to encourage all UK teachers to abide by **Good Practice Guidelines for teaching Mindfulness-based courses**. We encourage all trainees and teachers to view the Mindfulness Toolkit devised by Willoughby Brittons team, an amazing free contribution to the mindfulness world.

Please feel free to circulate this Newsletter to any of your friends, family and colleagues.

2017 Summer Edition	Lancashire Mindfulness CIC Newsletter	
<p>FREE MINDFULNESS TASTER SESSIONS</p>  <p>No need to book just come along on the day</p>	<p>Saturday 13th January & 28th April 2018 11:00 to 13:00 Studio 1, First Floor, The Mandala Yoga & Therapy Centre, 18 Derby Street, Preston, Lancashire. PR1 1DT</p> <p>Friday 27th April 2017, 14:00 to 16:00 Richmond House Holistic Rooms, St Annes on Sea, Lancashire. FY8 1PE</p> <p>CONTACT: admin@lancashiremindfulness.co.uk</p> <p>FREE EVENTS for you to find out more about mindfulness-based approaches and try some brief practices. Learn about the scientific evidence-base of mindfulness-based approaches and hear our volunteers talk about their own experiences of learning and using mindfulness.</p>	
<p>Next 8-week MBCT courses with available places are: PRESTON Saturday 20th January to 31st March 2018 AND THEN 5th May to 30th June 2018 ST ANNES Friday 4th May to 29th June 2018</p> <p>Mindfulness-based Cognitive Therapy course - (16 hours teaching, USB stick with all handouts and practices £160. Both courses taught by Lisa Graham, trainee teacher placements are available.</p>		
<p>Day of Guided Mindfulness Practice 10th December 2017 10:00 – 16:00</p>	<p>The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course or similar established meditation practice. £25, to book a place contact Lisa at lisa.graham@lancashiremindfulness.co.uk</p> <p>10th December, 2017 and 15th April 2018</p>	
<p>2018 MBCT FOUNDATIONS TEACHER DEVELOPMENT PATHWAY TDC 1</p> 	<p>We are now actively recruiting for our 2018 Mindfulness (MBCT) Teacher Training Foundations Course by inviting Expressions of Interest from potential trainee mindfulness teachers for our yearlong teacher training pathway in 2018. Contact Lisa: lisa.graham@lancashiremindfulness.co.uk. This MBCT Course follows the Oxford Mindfulness Centre MBCT Training Guidelines for IAPT Services. Lancashire Mindfulness CIC is a member organisation of the UK Network for Mindfulness-based Teacher Training Organisations.</p>	
<p>ADVANCING MINDFULNESS-BASED TEACHING: TDC Level 2 Non-Residential Teacher Training (6 Fridays) A combination of silent guided retreat and advancing teaching through shared group practices and reflection to build on your current teaching skills and learn from others. Commencing 7th September 2018. Cost of TDC2 £550 Discounts for teachers who assist on TDC 1 Foundations.</p>		<p>ADVANCING MINDFULNESS-BASED TEACHING: Level 2 Non-Residential</p> 
<p>Sign up for the NW Mindfulness SIG</p> 	<p>Over 60 members across the North West have signed up to join the Mindfulness Special Interest Group supported by the Psychological Professions Network (PPN) and Health Education North West. To join up complete this survey below https://www.surveymonkey.co.uk/r/KJYCZXS Our North West Mindfulness Special Interest Group (SIG) meeting was well attended by local mindfulness teachers and local teacher training organisations on 14th July 2017. We hope to host future events in 2018.</p>	

Mindfulness Retreats	
<p>Retreats with the Mindfulness Network CIC</p> 	<p>The Mindfulness Network CIC offer high-quality, secular, mindfulness-based retreats, including 5-day, 7-day, and guest teacher retreats, in different locations in the UK. All of their retreats will help mindfulness teachers: Adhere to Good Practice Guidelines and meet their annual retreat requirements for inclusion on the UK Network's Listing of Mindfulness Teachers. We have variable fees for people on lower incomes. For more information, please see the attachment or follow this link</p>
Holy Isle Retreats	http://www.holyisle.org/courses/ , enjoy Sara xx
Weekend of Mindfulness in the Peak District	A Weekend of Mindfulness in the Peak District with Liz Hopley, 2 nd to 4 th March at Hartington in the Peak District – see attached.
Mindfulness Research	
Mental Elf	A systematic review of home practice in Mindfulness interventions (MBCT & MBSR) LINK
MYRIAD	MYRIAD Trial hits recruitment milestone LINK Moving into the second phase of the trial researchers have visited over 80 schools and collected data from 26.000 students. Students from the first phase are about to start the .b curriculum taught by their teachers.
Post-natal Depression	Greater Good: Can mindfulness-based approaches help post-partum depression (US study) LINK
Behaviour Research & Therapy: Borderline Personality Disorder	Effects of brief mindfulness breathing and loving kindness meditation on shame and social problem solving abilities among individuals with high borderline personality traits. LINK
FAB!	A systematic review of gene expression changes induced by meditation and related practices LINK
Medical Xpress	What is Mindfulness? Nobody really knows and that is a problem LINK Experts call for more rigor and less hype for mindfulness and meditation LINK
	AMRA Research news LINK
Other Information	
Keynote Recording from 2017 Conference	A link to the keynote recording by Willem Kuyken and Paul Gilbert LINK
<p>OMC</p> 	An interview with Jon Kabat-Zinn LINK

<p>PLOS1 Britton Lab</p> <p>Meditation Safety Toolbox</p> <p>Amazing resource for mindfulness teachers</p>	<p>https://www.brown.edu/research/labs/britton/resources/meditation-safety-toolbox</p> <p>This is an incredible resource, free to download, as outlined by Willoughby Britton at the conference at CMRP. Huge amount of materials here that can be shared (available also from Cheetah House facebook page).</p>
<p>Sketches in Stillness</p>	<p>A Firefly's guide to enlightenment! Lovely brief film LINK And some more lovely quotes and drawings LINK</p>
<p>Mindful</p>	<p>Five ways to find time LINK How to find the right meditation position for your posture LINK When meditation feels too painful LINK A meditation on anxious emotions LINK 10 Mindful attitudes that decrease anxiety LINK Using Mindfulness for Mental Health LINK Five ways to organise your phone to un-hijack your mind LINK The ABC's of STOP: Three Mindful Breaks in your day LINK Five meditations to try from exclusive mindfulness retreats LINK Ten minute mindful walking practice LINK Three ways to build a sustainable mindfulness practice LINK How to manage BIG emotions during group meditation LINK</p>
<p>Still You</p>	<p>An 8-week Mindfulness-based Stress Reduction course and practice days with Paddy Rafferty (see attached).</p>
<p>Mindfulness APP for Children</p>	<p>http://mindful-app.com/</p>
<p>WIRED</p>	<p>Is mindfulness meditation BS? LINK Love this article xx</p>
<p>Happify</p>	<p>7 breathing exercises and yoga postures to help stress LINK</p>
<p>Yoga</p>	<p>Yoga is effective in treating symptoms of depression LINK</p>
<p>Recommended by Lisa an absolutely fascinating read.</p>	<p>During my summer holiday this year my attention was totally absorbed by this innovative book "HOW EMOTIONS ARE MADE: THE SECRET LIFE OF THE BRAIN" by Lisa Feldman Barrett. This book brings together the latest scientific evidence linking cutting edge neuroscience with everyday emotions – Emotions ARE constructed, Universal Emotions are a MYTH and the importance of our BODY BUDGET in MASTERING EMOTIONS.</p>
<p>Greater Good More support for a constructivist approach to emotions</p>	<p>How many different human emotions are there? Apparently 27 categories with many blending together in our daily experience LINK to article, LINK to original article, list of 27 categories and original article.</p>
	<p>This short animation gives a great introduction to MBCT.</p>
<p>BeMindfulOnline.com</p>  <p>Mental Health Foundation</p>	<p>Waiting for an 8-week course or uncertain whether a mindfulness-based approach will be helpful. Why not try the Mental Health Foundation Online Mindfulness course? Includes 10 interactive sessions delivered by Ed Halliwell and Tessa Watt, includes five mindfulness audio meditation downloads and costs only £30. Mobile and tablet ready.</p>



Be Mindful
Online Mindfulness Course



Centre for Healthy Minds

From states to traits: The latest research on what mindfulness can and can't do [LINK](#)
 Why meditation matters: Richard Davidson & Daniel Goldman with Richard Gere [LINK](#)
 Meditation may reduce the risk of heart disease [LINK](#)
 The epigenetic aging clock runs slower in meditators [LINK](#) and full text article [LINK](#)
 Can meditation lead to lasting change? [LINK](#)

Smiling Mind

New **Smiling Mind** APP in association with Virgin mobile.

Action for Happiness

NEW gratitude APP [LINK](#)

Mindfulness in the Media: Health

[NIH Spending More Than \\$187000 to Improve Older Women's Sex Lives](#) Newsmax
[Alternatives to Drugs for Treating Pain](#) New York Times
[Children's mental health: it's time to put wellbeing on the curriculum](#) The Guardian
[Mindfulness can help people give up sugar in coffee, research suggests](#) Diabetes.co.uk
[Mindful coffee consumption may help reduce sugar intake](#) Reuters
[Mindfulness reduces alcohol consumption in heavy drinkers](#) Wired.co.uk
[Eleven minutes of mindfulness training helps drinkers cut back](#) Science Daily
[Mindfulness May Lower Blood Sugar Levels](#) TIME
[Mindfulness could help lower blood sugar levels in overweight women](#) Diabetes.co.uk
[Learning to live with a body dysmorphic disorder using mindfulness](#) Irish Examiner
[Trauma-informed, mindfulness-based intervention significantly improves parenting](#) Science Daily
[We need to do mental sit-ups to keep us in good 'psycho shape', says CAROLE ANN RICE](#) Express.co.uk
[The Benefits to Developing a Mindfulness Practice](#)
 Psychiatric Times
[Vonny Leclerc: Expectant mums need to be mindful of worrying birth fads](#) The National
[Why pregnant women should take up mindfulness classes: It helps them to avoid the 'baby blues ...](#)
 Daily Mail
[Don't take painkillers - try meditation instead: Just 10 minutes of the mind-calming practice helps to ...](#) Daily Mail
[Can mindfulness reduce fear of labour and postpartum depression?](#) The Guardian
[Migraines can be tackled with Mindfulness](#) My Good Planet

Mindfulness in the Media: Politics & Society

[In the shadow of Parliament, a moment of peace](#) The Globe and Mail
[How to Stop Fake News with Mindfulness](#) MSN.com
[Melania Trump to UN: 'Come together' for good of children](#) My Fox Boston
[Has mindfulness been McDonaldised?](#) Irish Times
[How deep breathing and mindfulness help Iraqi children](#) Rescue
[Mindfulness would be good for you. If it weren't all just hype.](#) Washington Post
[5 Ways Meditation Can Help You Live a More Sustainable Life](#) One Green Planet
[Cultivating Mindfulness Helps You Care for the Earth](#) Earth911.com
[Road rage producer: I'll give you a piece of my mindfulness](#) Metro Newspaper UK
[Frankfurt Airport offers passengers a silent haven in new Quiet Room](#) Future Travel Experience

[Book Review: Peace Inside A Prisoner's Guide to Meditation](#) InsideTime (press release)
[Mindfulness: The pursuit of justice ... without vengeance](#) Herald Scotland
[Is mindfulness meditation a capitalist tool or a path to enlightenment? Yes](#) WIRED
[Dallas cops learn to 'think smarter, not harder' using meditation, mindfulness](#) Dallas News
[Sales of mind, body, spirit books boom in UK amid 'mindfulness mega-trend'](#) The Guardian
[Mindful Policing: The Future of Force](#) Mindful.org
[There's no escape from mindfulness](#) Spectator.co.uk
[Can mindfulness lead to better behavior? Nonprofit bets big on it](#) Delmarva Daily Times
[Using Mindfulness to Tackle Overwhelming Emotions By Patrick Biegler](#) Prison Widow UK - blogger
[Hilton launches new in-room wellness concept...](#) SpaBusiness

Mindfulness in the Media: Lifestyle

[You're more stressed than you want to admit. Here's how to change that.](#) Men's Fitness
[How to Meditate Anywhere](#) GQ Magazine
[Becoming a better and happier musician through mindfulness and yoga](#) The Strad
[Former telenovela actress promotes mindfulness to Madison Latinos](#) Madison.com
[These simple meditation tricks can help curb your drinking](#) New York Post
[This Is How I Managed To Finally Squeeze Meditation Into My Busy, Distracted Life](#) Fast Company
[Mindful Drinking: The New Way To Socialise](#) Grazia
[5 mindful eating practices that will transform the way you eat](#) BT.com
[How to better manage your relationship with your phone](#) ABC Online
[Turns out, having purpose in life could help you to sleep better](#) BT.com
[Sarah Jeffrey: "Acceptance" not to be confused with resignation](#) The Scotsman
[How to Practice Mindfulness with Tea](#) Shape Magazine
[Keep calm and stop snacking: How mindfulness can help us stay slim by making it easier to stick to ...](#) Daily Mail
[How three, simple things will lead to a healthier life, according to nearly 200 psychologists ...](#) Daily Mail
[How I Brought Mindfulness Into My Life — and, Yes, It Involved a Colouring Book](#) POPSUGAR UK
[From Madness To Mindfulness](#) Yahoo News UK
[Could origami make you a more mindful person?](#) BT.com
[Three Reasons We Demand Real-Time Responses](#) Yahoo Finance UK
[Lily Cole's Everyday Eco Tricks](#) Yahoo News UK
[What is mindfulness? From colouring books to meditation and exercise, the mental wellbeing ...](#) The Sun
[Top Mindfulness Tips For A Healthier Holiday Gut](#) Yahoo News UK
[Mindful eating: 'Suddenly, you have power over food'](#) CNN
[Is Mindfulness as Easy as Mindlessness?](#) Huff Po
[Worthwhile therapy or complete nonscents?](#) Herald Scotland
[How to be resilient: 'self-awareness is fundamental'](#) The Guardian
[Mindfulness won't relax you but will make life pleasant](#) Belfast Telegraph
[How meditation powers the brain and boosts concentration](#) Hindustan Times
[Stronger cognition requires mental training just as much as physical activity](#) Men's Fitness
[5 ways mindfulness can make you a better partner](#) Body and Soul

Mindfulness in the Media: Kids & Education

[Perhaps teens are too cynical to benefit from mindfulness](#) The British Psychological Society
[Calm College app brings mindfulness to uni students](#) The Memo
[Cultivating Mindfulness for Educators Using Resources From The New York Times](#) New York Times
[Schools' mental health support based on 'patchy' evidence](#) TES News
[Schools should be wary of teaching mindfulness to children, professor says](#) Telegraph.co.uk
[Tes talks to... Willem Kuyken](#) TES News
[When Kindness Is In The Curriculum](#) GOOD Magazine
[Mindfulness in schools](#) National Elf Service
[Mindfulness can ease exam result stress](#) the Irish News
[Could yoga stop children doing a stretch in prison?](#) TES News
[Mindfulness cannot solve all of education's problems, but it can help our teachers'](#) TES News

[VIDEO: Mindfulness at NUI Galway](#) Irish Independent
[Royal Blind School students demonstrate mindfulness techniques to Preston Street Primary School](#) Royal Blind
[UK universities make time for mindfulness](#) Times Higher Education (THE)
[Experts to discuss how mindfulness can improve HE](#) EDQuarter
[Majority of teenagers have cried due to exam stress, poll finds](#) TES News
[UK independent schools promote self-sufficiency through 'life skills' courses](#) The PIE News

Mindfulness in the Media: Workplace

[I went on a walking and mindfulness retreat and this is what it did to my stress levels](#) Netdoctor
[A Placement With A Difference](#) Nursing Times
[Practicing Being With Uncertainty And Fear](#) Above the Law
[How To Make Mindfulness A Working Advantage \(And Not Just Cuddly Nonsense\)](#) Fast Company
[Satya Nadella aims to make Microsoft mighty - and mindful](#) Yahoo News UK
['I'm in a good place': Strictly's Brian Conley says he is feeling better after his battle with depression](#) Daily Mail
[Do yoga, work harder: how productivity co-opted relaxation](#) The Guardian
[How yoga and meditation can help social care workers deal with trauma](#) The Guardian
[Without Emotional Intelligence, Mindfulness Doesn't Work](#) Harvard Business Review
[Leadership is also having gift of being present – to think, to feel and to impact](#) Daily Mirror
[How This Meditation Expert Can Help You](#) Channel Military Grade Mindfulness Forces Network
[Supporting a healthy, happy workforce](#) City A.M.
[How happiness helped Boundless grow in leaps and bounds](#) Personnel Today
[Can 10 Minutes of Meditation Make You More Creative?](#) Harvard Business Review
[How mindfulness is making entrepreneurs better leaders](#) Virgin
[Calm under pressure? Run your business the mindful way](#) The Guardian
[US police forces are practicing mindfulness to reduce officers' stress—and violence](#) Quartz
[Brain health program aims to help police deal better with stressful situations](#) Today.com
[Why you should start practicing mindfulness in the workplace](#) MSN.com
[Steal Googlers' Secret for Avoiding Burnout in a High-Stress Job](#) Inc.com
[How can mindfulness boost creativity in the workplace?](#) City A.M.
[How To Silence The Inner-Critic And Practice Being A Good Friend To Yourself](#) Above the Law
[How you can use mindfulness to boost creativity in your tech business](#) Tech City News
[Promoting Mindfulness in the Workplace](#) Bloomberg
['It takes literally one second': A former Google engineer just gave me the best meditation advice I've ...](#) Business Insider
[Doing Legal Life: What is well-being and how can you tell if you are being well?](#) The Lawyer
[Nine Ways Struggling Entrepreneurs Can Use Mindfulness To Improve Their Outcomes](#) Forbes
[How To Create a Culture of Mindfulness](#) Entrepreneur

Mindfulness in the Media: Sport

[The NFL's Mindfulness Movement Is Spreading](#) The Ringer (blog)
[How mindfulness can benefit athletes](#) Nooga.com
[Mindful Eating Reduces Stress and Boosts Performance](#) Runner's World
[Moneyball for Mindfulness: Mets Try More Coaches for Stress Management](#) Bloomberg
[Tom Daley: Mindfulness has made me more peaceful and calm](#) BT.com
[Swimming Australia's move to give athletes an edge: mindfulness and yoga](#) The Sydney Morning Herald
[Mindfulness Snatched Me From the Jaws of Professional Football](#) The Good Men Project (blog)
[Mindfulness may help athletes, coaches mentally and improve their performance](#) Hindustan Times
[New mindfulness method helps coaches, athletes score](#) Science Daily
[This Is The One Skill Every Student Athlete Needs To Master This Summer](#) Elite Daily

Mindfulness in the Media: Science, Digital & Tech

[Introducing Awaken, a Totally New Kind of Meditation App](#) Press Release
[Headspace's New Update Will Up Your Mindfulness Game](#) Brit + Co
[How Headspace taught me to stop worrying and love meditation](#) Metro US
[Global Leader in Social-Emotional Learning Education Launches Kids' Mindfulness App for Android](#) PR

Newsire

[Headspace evolves into the app you need to find zen in 2017](#) CNET

[This wearable looks like a nice bracelet, but it also tracks your calories, steps, and guides you](#) Business Insider UK

[Spire review: This 'calming' wearable was the least mindful part of my week](#) The Memo

[Prioritize your mental health with this highly reviewed mindfulness app](#) The Daily Dot

Poems by Mark

Sweet rains of May

*You make the earth smile
Glistening reflections of joy
Falling for all to live*

How I love the rains of May

*Your gentleness soothes my soul
The world turned green nourished by you
Woodlands carpeted with flowers*

How I love the rains of May

*Trees a smiling, bees a buzzing
Rains feeding our life
Rain my gentle lover, rain.*

How I love the rains of May

Song to the Willow

*Your grace and beauty are all around
for those who take the time to see
with sheltered shade and tenderness
you give me your loving kiss*

*Sitting beneath you feeling safe
wishing for that constant feeling
Peace, serenity and joy
mixed like the sun and water
Your slender form that I adore
With mysteries unfolding by my side*

*Touch the surface of the pond
like lovers showered in light
Bathe your body, your soul
and let us be one again
For you are my guardian and my hope.*

Quotes

“What we plant in the soil of contemplation we shall reap in the harvest of action.”

Meister Eckhart

	<p>And from Charlie:</p> <p>Slow down (allow space to be)...Keep things simple (mindfulness isn't rocket science) and Be here as you are with Humour..Curiosity and Love and no Expectations Enjoy the journey the great adventure..the mystery.</p> <p>CALM = Centred...Alive/Attentive...Light Hearted...Magic.</p>
<p><u>UK Network for Mindfulness-Based Teacher Training Organisations</u></p>	<p>Lancashire Mindfulness CIC are a participating member of the UK Network of Mindfulness-Based Teacher Training Organisations. Our trainers adhere to the <u>Good Practice Guidelines for Trainers</u> and we expect our teachers we train to adhere to the <u>Good Practice Guidelines for Teachers</u>. Our supervisors adhere to the <u>Good Practice Guidelines for Supervisors</u>.</p> <p>VISION: The Network represents the leading teacher training organisations in the UK</p> <p>MISSION: We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches</p> <p>OBJECTIVES: We do this by:</p> <p>Having strong collaborative relationships between organisation members defining, upholding and disseminating standards</p> <p>www.mindfulnessteachersuk.org.uk</p>

Thanks to The Mindfulness Initiative, The Oxford Mindfulness Centre and other MBI colleagues including Mark and Charlie for their contributions to the Newsletter.

If you do not wish to receive these Newsletters please contact Lisa Graham at lisa.graham@lancashiremindfulness.co.uk