

Wellbeing: Mindfulness for a calmer mind

Course overview

Mindfulness is different to meditation. It is the practice of staying present in the current moment, really focusing on your environment, thoughts and feelings in the current moment. When you are being mindful you are not thinking about the past or worrying about the future, but living in the moment. This can help to create a calmer mind and improve our wellbeing and relationships.

What will I study?

You will:

- Understand how mindfulness differs from meditation
- Identify when to practice mindfulness
- Explore how to practice mindfulness
- Discuss the use of mindfulness in your wider life

Assessment method

You will participate in discussions and self reflection. You will receive input and verbal feedback from the tutor throughout.

Entry requirements

- This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable Wellbeing, CPD or other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

