**Mindfulness**

**What is mindfulness?**

Put simply, mindfulness is a technique where you focus only on your experience in the present moment.

It helps you to create an internal space where you can take more control of your thoughts and emotions and have greater choice over how you respond or take action, particularly in difficult or stressful situations.

**What are the benefits?**

If practised regularly, the benefits of mindfulness can include:

* Reduction in stress levels
* Improved personal wellbeing
* Improved sleeping patterns
* Increased self awareness
* Higher levels of personal resilience
* Better concentration and attention span
* Lower levels of reactivity and impulsiveness

**How can I access mindfulness?**

To support colleagues with their mental wellbeing during the COVID-19 outbreak, we will be running biweekly dial in mindfulness sessions on Tuesdays and Thursdays for half an hour around lunchtime. See the [Events](https://intranet.justice.gov.uk/events/) page on the intranet for dates, times and dial in details.

The Oxford Mindfulness Centre, the leading UK academic authority on mindfulness, is also offering free weekly online mindfulness sessions and podcasts. Click [here](https://oxfordmindfulness.org/online-sessions-podcasts/) to find out more.

The “gold standard” of mindfulness learning is to complete an 8 week course run by a qualified teacher using one of the certified methods. However as attending a class in person will now be impossible, why not take an 8 week course at your convenience, absolutely free? To find out more, visit <https://palousemindfulness.com/>

For colleagues who prefer something a little less structured, or are not as concerned about covering all aspects of mindfulness thoroughly, why not try The Free Mindfulness Project [www.freemindfulness.org](http://www.freemindfulness.org) which offers a number of guided practices you can access online at any time.

And if you like apps, there are a wealth available. Most will offer a free introductory period before you need to start paying.

<https://www.smilingmind.com.au/>

<https://www.headspace.com/>

<https://www.calm.com/>