

Staff Mindfulness Programme 2025

Mindfulness has been shown to be effective for reducing stress in the workplace.

NHSGGC is committed to supporting Mindfulness approaches with staff to enable them to gain skills and knowledge about Mindfulness.



We are offering a three stage approach:

- Mindfulness Tiny Habits
- Mindfulness Based Stress Reduction
- Maintaining a Mindfulness Practice



Please use this QR code to access the Mindfulness App

To access the eight week Mindfulness Based Stress Reduction course we are asking staff to join the three week Mindfulness Tiny Habits course to get a taste of mindfulness and see if it is for you.

Stage one: Mindfulness Tiny Habits

Staff will be supported to develop mindfulness habits over a **three week period** by experienced mindfulness facilitators, who are also NHSGGC staff. This will offer an opportunity to get an initial feel of how mindfulness might benefit you and explore how mindfulness might fit in to your day.

Staff will meet with the mindfulness tutor online using the Teams programme once a week to discuss their experience. This will also provide an opportunity to explore any challenges encountered and /or how you might build on what are already doing.

We will be offering plenty of resources to support you, as well as opportunities to develop your experience of mindfulness further through a mindfulness a Based Stress Reduction Course if this is of interest to you. We will also offer support to maintain a mindfulness practice.

We have a choice of 4 groups on offer:

Tuesdays 12 pm until 1 pm starting on 4th February
Wednesdays 1 pm until 2 pm starting on 5th February
Thursdays 6 pm until 7 pm starting on 6th February
Saturdays 10 am until 11 am starting on 8th February

To register for a 3-week Tiny Habits group please click [here](#) or the QR code below



*Managers please print and display for staff who do not have regular access to their emails, thanks.

