

Mindfulness programmes at the Student Counselling Service

Do you spend a lot of your time worrying about events in the future or ruminating on things that have happened in the past? Have you ever noticed that your mind is often miles away and not focused on the task in hand – that you do things on “automatic pilot?” Mindfulness is about experiencing the world in the here and now and can offer you the chance to free yourself from unhelpful ways of thinking and reacting.

Mindfulness is the practice of simply paying attention with an open and non-judging attitude to who we are, moment to moment.

The Student Counselling Service is running an 8 week course on Mindfulness Based Stress Reduction beginning Thursday 19th January 2012 and finishing Thursday 8th March. The course will involve a commitment to attend a 90 minute class weekly for 8 weeks plus a daily homework practice of mindfulness meditation.

This approach originated from a pioneering program developed more than 20 years ago by Dr. Jon Kabat-Zin, University of Massachusetts Medical Centre. Mindfulness, the paying attention to every moment of our lives, is a crucial aspect of meditation practice. Mindfulness can be used as a vehicle for change, healing, and stress reduction.

We hurry and worry so much that we miss out on much of the life we are living. We're often afraid to let go and be in the present moment. So mindfulness is a practice, a tool, and a way of living with an open mind and open heart.

If you are interested in joining this group in Hilary term please e-mail Annemarie Naughton with your name and contact details on student-counselling@tcd.ie

8 weeks Mindfulness Course

Dates: Thursday 19/01/2012 to Thursday 8/03/2012

Time: 4pm to 5.30pm

Venue: Group Room, Student Counselling Service, 3rd Floor, 7-9 Sth. Leinster St., Trinity College.

Drop in Meditation Session

Guided meditation practice every Tuesday for 30 minutes **term time only**
Begins Tuesday 17/01/2012

Time: 5.00pm to 5.30pm

Venue: Group Room, Student Counselling Service, 3rd Floor, 7-9 Sth. Leinster St., Trinity College.