

Feel Better Faster! Group

What is it and Who is it for?

The group is for any student currently registered University of Leeds who wants to manage their feelings and thoughts with more ease. You will be shown a set of Mindfulness based meditation and relaxation techniques which, if practiced regularly, will help you to deepen your capacity to relax, to concentrate and to manage what goes on inside of you. These techniques help the majority of people who suffer insomnia, anxiety, stress and depression to be able to reduce their symptoms quite quickly. In the same way we need to exercise to maintain our levels of physical health, we also need to put work into maintaining our mental health; and like our physical health, the more regularly we attend to it, the better the results. The stumbling block for a lot of people is that they aren't quite sure what to do! Your facilitator will aim to show you that you already have all the resources within you to better manage these difficulties. It will help you to answer 'yes' to the question 'have I done my best for myself today?' The only place we *can* be is exactly where we are and the only time we ever live in is the present. So if we can better learn to work in the present, developing compassion and acceptance for ourselves, we can live more easily. In this group, we will only try at what is possible and in doing so, we will realise that more is possible than we sometimes imagine. Mindfulness enables us to focus kindly upon ourselves so we can then make the best of ourselves.

Who runs the group?

James Taylor is a UKCP Registered psychotherapist and fully qualified Dru Meditation Teacher who works as a counsellor at the Student Counselling Centre. He has been teaching meditation at the centre for many years and he has designed these groups integrating knowledge he has assimilated from his experience of Psychotherapy, Meditation, Yoga and Wing Chun Kung Fu.

How do I join?

Complete the **Self-Referral** form on the front page of the Student Counselling Centre Web Site and from there you can be referred into the group by the counsellor you met for your Therapeutic Consultation. ***Once you have been referred, you will need to either:***

- ***email the service at SCC@leeds.ac.uk***
- ***or telephone us on 0113 343 4107***
- ***or visit us in person***

to book a place for each group your wish to attend.

Each session you wish to attend can be booked no more than 7 days before the date of each group. If you have booked but are unable to attend please call us to cancel!

This is both to make sure that the group is not oversubscribed on any given day and in recognition of our need to be flexible in response to your timetables!

Where and When does it take place?

The group will take place 2pm-3pm on Friday afternoons in the Group Room at the Student Counselling Centre. Each session will be for a maximum of 8 participants. It is a rolling programme of 6 sessions so you can 'step on and off' as you wish. The group runs throughout all three terms and during the Christmas and Easter holidays.

Resources to Support you in between Sessions and Beyond

There is no need to take notes or to worry about whether you can remember the techniques you are shown. All of the key practices are supported by free downloadable MP3 files available from the Student Counselling Centre website at <http://www.leeds.ac.uk/studentcounselling/mentalhealth.html> . Just scroll down to the **meditation** section and either click on the links to play the files or right click on the links and select 'save target as' if you want to download a file onto your desk top – from there you can either play them on your computer regardless of whether you have an internet connection or you can drag and drop them into your MP3 player and be able to practice where ever you are!

Session Titles

Session 1: How to Relax Deeply

Session 2: How to Use Breath and Posture to achieve Calm & Stillness

Session 3: How to Ground Yourself

Session 4: How to find a path to Clarity and Openness

Session 5: How to let go of tension in Body and Mind

Session 6: How to cultivate qualities of Compassion and Loving Kindness for yourself and others

Session 7: How to Enhance your Concentration

Session 8: Happy Backs! - How to Help your Spine with Mindfulness

What should I bring?

Preferably a pair of loose fitting trousers so you are comfortable sitting or lying still and something warm like a jumper or a hoody as it is very hard to relax if you are cold! Chairs, cushions and mats are provided.

Will I have to talk about my concerns in front of others?

No! If you wish to share your concerns - either with James or with the group – you are welcome to, but there is no obligation to. The techniques you will learn in the group are designed to be of assistance regardless of the specific content of your difficulties.