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Supporting Information for the 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 within you. These techniques help the majority of people who suffer insomnia, anxiety, stress, poor concentration 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 be in the present while 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 make the best of ourselves!

Who runs the group?

James Taylor is a UKCP Registered Psychotherapist and is fully qualified to teach Dru Meditation & Yoga & Wing Chun. He also works as a counsellor at the Student Counselling & Well Being. He has been teaching meditation at the centre for many years and has designed these groups integrating knowledge he has assimilated from his experience of Psychotherapy, Meditation, Yoga and Wing Chun.

How do I join the group for the year?

Complete the **Self-Referral** form here:

<https://studentwellbeing.leeds.ac.uk/leap/pathways/preview-pathway.html?pathway=58>

in the Groups and Workshops section of the Student Counselling and Wellbeing Web Site. If you need any further information please feel welcome to contact SCW@leeds.ac.uk or [if you wish to contact James directly, please email: J.R.E.Taylor@leeds.ac.uk](#)

How do I join weekly sessions face to face?

The first step is to sign up to the group for the year on the link above.

7 days before each group you will be given access to sign up button for face to face meetings. The group is for a maximum of 8 people per session so to guarantee a space, you are encouraged to sign up as soon as you can. A further 2 people will be able to sign up as first 'stand-bys' in the event of someone cancelling.

If you have booked but are unable to attend for any reason - please call us to cancel so we can open up the space to someone on the stand by list!

How do I join weekly sessions on Microsoft Teams?

You may wish to download the Teams app before you begin attending meetings however the Teams link you will receive for meetings should open up in your web browser.

Each week you will receive an email with a link to the meeting page of The Student Counselling and Wellbeing Hub. On this page you can click the 'Join' Button to access the group on Teams. Just log on a little before we start. I will not be using an online waiting room so you can just join as you please but ideally a little before 2pm each time.

Where and When does it take place?

The group will take place 2pm-3pm each Friday in the Group Room at the Student Counselling & Wellbeing, 19 Clarendon Place Leeds LS2 9JY.

Each session is for a maximum of 8 face to face participants and as many who wish to join Online via Teams.

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. There is a bathroom across the corridor from the Group Room so if you need somewhere private to change, it's available.

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.

The Feel Better Faster Rolling Programme

The Feel Better Faster Group is a rolling programme of 8 sessions so you can 'step on and off' as you wish. If you miss a session, there's no need for concern; there will be another opportunity later in the year. The group runs throughout all three terms and during the holidays.

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: How to Use Mindfulness to Enhance the Health of your Spine

Session 9: How to Help Yourself with Sleeping Difficulties

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 and Well Being Website [click here: Meditation guide and MP3 resources | Students | University of Leeds](#)

James Taylor
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