



# Mindful Relaxation Group

**“Kindness in words creates confidence.  
Kindness in thinking creates profoundness.  
Kindness in giving creates love.”  
Lao Tzu**

**Deep Relaxation and Mindfulness practices are an effective way to bring peace to your body and mind. Deep Relaxation is key to both growth and healing. It helps to disperse the adrenalin and cortisol that the body produces in stress situations; while Mindfulness enables us to better observe ourselves so we can become responsive rather than reactive beings. Regular practice can help you to combat stress & improve your health & concentration. The group is free & supported with free online resources!**

You cannot meditate unless you can concentrate and you cannot do either, until you can first relax - and sometimes that's all we can manage! In these unfamiliar times, in which Covid19 has had such a diverse but thoroughgoing impact upon us, we can all benefit from a little more care. The fears and the uncertainties have brought suffering which is best met by kindness and a willingness to help ourselves and others. When we do this, we are practicing compassion and the purpose of this group is to offer you a peaceful hour in your week in which you can relax, calm and centre yourselves. We cannot make peace around us until we have first learnt how to make peace within us.

In this group you will be offered a variety of Deep Relaxation, Mindfulness and compassion focused practices many of which are supported by a library of free MP3s [https://students.leeds.ac.uk/info/100002/big\\_white\\_wall\\_resources\\_and\\_self\\_help/895/meditation\\_and\\_relaxation\\_downloads](https://students.leeds.ac.uk/info/100002/big_white_wall_resources_and_self_help/895/meditation_and_relaxation_downloads) which mean you can just settle in to the experience of the practices without having to try to remember them! You can just come and be. Be warm, be still, be welcome, & be present in the gift of each moment.

**Every Friday On Zoom 2-3 pm**

For more information about our Online services and Zoom:

<https://students.leeds.ac.uk/onlinecounselling>

**Sign Up:**

<https://forms.office.com/Pages/ResponsePage.aspx?id=qO3qvR3lzkWGPllpTW3yyнкO45FzE5EohmxGfLyCmdUNjFJWVhHV09HUDVGUFhKWDNaQks0MjlBOC4u>

Facilitator James Taylor: [J.R.E.Taylor@Leeds.ac.uk](mailto:J.R.E.Taylor@Leeds.ac.uk)

For more information: either email James, or scroll to 'Mindful Relaxation Group' at

[http://students.leeds.ac.uk/info/100001/counselling\\_and\\_wellbeing/691/groups\\_and\\_workshops](http://students.leeds.ac.uk/info/100001/counselling_and_wellbeing/691/groups_and_workshops)

Student Counselling & Wellbeing 19 Clarendon Place Leeds LS2 9JY Tel : 0113 343 4107

Web: [https://students.leeds.ac.uk/info/100001/counselling\\_and\\_wellbeing](https://students.leeds.ac.uk/info/100001/counselling_and_wellbeing)

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