Supporting Information for
The Mindful Deep Relaxation Group
2023-24

How to Join the Group
The Mindful Deep Relaxation Group is for any University of Leeds student who would like to take part! It’s free and you are welcome!

To join the group just click on the link here and complete the sign up form

For More Information
Please email James Taylor at J.R.E.Taylor@leeds.ac.uk

As you sign up, you are added to the Mindful Deep Relaxation Group email base and will receive information about the group and weekly links so you can attend in person or remotely as you wish to. This message is sent by blind copy so your email address is never shared with anyone else.

How to Join a Face to Face Session at 2pm on a Friday

Having joined the group, you will receive a weekly email with a link to the meeting page of The Student Counselling and Wellbeing Hub. On this page you can click the ‘Book’ button to save a place in the week’s group.

Then come to: The Group Room, Student Counselling and Wellbeing, 19 Clarendon Place Leeds LS2 9JY

Please arrive a little before 2 pm if you can so you can sign in and we are able to begin as one; but if you need to be a few minutes late, you are still most
welcome! If you are more than 15 minutes late please come another week as it will disturb the group process.

To Attend Online on Zoom
Please make sure you have downloaded Zoom onto your device well before your first attendance.

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 Zoom. 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.

When does it take place?
Every week, on Fridays 2-3 pm in The Group Room, Student Counselling and Wellbeing, 19 Clarendon Place Leeds LS2 9JY

The group takes place in and out of term time.

If I am unwell or on leave, I will contact you by email to advise you the group has been cancelled and to let you know when the next group is.

Challenges while we are practicing
If there is ever a movement, a kind of breathing or a practice you do not like or feel comfortable to try, feel free to sit out of this part and then join in again when it suits you! Never feel obliged to try anything you are uncomfortable with but always feel welcome to let me know as I will try to find a modification of the practice that will suit you.

What if I am going to be late or I want to leave early?

Timekeeping when you are attending in person
Please try to arrive a little early or on time as it really helps the group to run smoothly. If you are more than 15 minutes late, please come another week as it will disturb the group process. Equally, if you cannot attend for the whole session, please come another time when you can.

Timekeeping when you are attending on Zoom
I am not using a ‘waiting room’ for the Zoom link so you can just join and leave the meeting as you please.

Leaving the group email base
Please email scw@leeds.ac.uk if you no longer wish to be included. If you have received invitations to more than one email address (e.g., People doing Phds who may have both a student and staff email address) please let us know all email addresses you want deleted.
Who is it for?
The group is for anyone interested in Mindfulness and Deep Relaxation. You do not need any prior experience! Mindfulness and Deep Relaxation are practiced for many reasons but most commonly people come to the group in an attempt to learn new ways to combat stress. However, it is also a very effective for improving your health, awareness, concentration and your capacity to think clearly and creatively. The Mindful Deep Relaxation Group offers participants experience of a large variety of relaxations and mindfulness practices.

Who runs it?
My name is James Taylor. I am a psychotherapist and counsellor working in the University’s Student Counselling & Wellbeing Service. I have practiced meditation since 1996 and have an ongoing interest in practices which enhance health, self-awareness and self-development. I practice Dru Yoga and Meditation and I am a fully qualified Dru Meditation & Yoga teacher. I am also a fully qualified Wing Chun Kung Fu instructor and was formerly a WTO Tae Kwondo instructor.

What happens?
Each group begins with a warm-up or activation, which is followed by a Deep Relaxation and/or Mindfulness practice. There is then time for sharing, feedback and discussion of your experience. You are welcome but not obliged to share your experiences! If you wish to discuss something one to one, I will do my best to make an appointment to meet you as soon as possible.

What should I wear?
Most people come wearing what they would do normally. It is helpful for your clothes not to be extremely tight as they can be uncomfortable to sit still in for sustained periods of time. Loose fitting trousers are helpful. If you need to change, there is a bathroom opposite the group room where you can get privacy for this.

The Contract between Student Counselling and Wellbeing and Group Participants
This is an experiential group which means it is an opportunity for us to make use of the experience of being together and practicing different relaxation and mindfulness techniques. Each person’s experience will be different and valuable, so participants are expected to treat each other’s experiences with respect. As it can be hard to predict what might emerge in practice, my role is to support the process and to ensure the group is a safe place for participants to work together.

However, it is worth acknowledging that mindful deep relaxation will not suit everyone and anyone having doubts about practice before or during a meditation course should first of all bring them up with me, James Taylor - the group facilitator. I am willing to discuss any concerns with group members individually and will make an arrangement to meet with you at a mutually agreeable time.
It will be understood that once you have signed up and received the ‘Supporting Information about the Mindful Deep Relaxation Group’ document, your attendance of the group constitutes an agreement to adhere to this contract.

Evaluation
We wish to learn from your opinions and experience of our services, so, as with our individual counselling services, you are invited to make your opinions of the meditation group known via a voluntary evaluation link. You will be sent a link to this via email which you can then complete online.

Here’s a little Deep Relaxation to try!
This is often overlooked by those of us who think we’re too busy to take time for ourselves, but a 10 minute relaxation is a really efficient way of de-stressing and getting energized quickly. Sit in a comfortable chair or lie on the floor. Make sure you’re comfortable and cover yourself with a blanket or jumper. Scan though your body, from your feet to your head, asking each part to relax and become heavy. Then breathe gently and calmly for a few minutes, enjoying the deep sense of rest. Finally, deepen your in-breath, feeling energy pouring into your body as you breathe in. Imagine that energy revitalizing every part of your body from the top of your head to your feet. Have a stretch and get up slowly.

Meditation, Mindfulness and Deep Relaxation Resources
If you go to this resources link: For Students | University of Leeds
You will be able to access a collection of free MP3 and web based resources to support your practice; have a look! I would particularly like to draw your attention to the ‘8 Minutes to Calm’, ‘Deep Relaxation’ and ‘De-stress Meditation’ MP3 downloads.

You can download the MP3 files onto computers, phones and MP3 players and using playlists, can create practice sessions for yourself. If you need any support with this, just contact me at J.R.E.Taylor@leeds.ac.uk or speak to me at a group.

Helpful Online Resources
On practical mindfulness  https://www.youtube.com/watch?v=WkxSyv5R1sg
https://youtu.be/lvtZBUSplr4
On forgiveness  https://www.youtube.com/watch?v=yiRP-Q4mMtK
On vulnerability  https://www.youtube.com/watch?v=iCvmsMzlF7o
On shame  https://www.youtube.com/watch?v=psN1DORYYV0
On benefits of meditation  https://www.youtube.com/watch?v=m4ghJSN7nXQ
Helpful Reading

<table>
<thead>
<tr>
<th>Author(s)</th>
<th>Title</th>
<th>Publisher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cope, S (2000)</td>
<td>Yoga and the Quest for True Self</td>
<td>Bantam</td>
</tr>
<tr>
<td>Epstein, M (2013)</td>
<td>The Trauma of Everyday Life</td>
<td>Hay House</td>
</tr>
</tbody>
</table>

James Taylor
August 2023