

Byw'n Llawn
Living Fully

Ariannwyd gan Ward Alaw
Funded by Alaw Ward

NORTH WALES

MINDFULNESS & CANCER INFORMATION

Focussing on your mental wellbeing can improve feeling of anxiety or low mood, improve your energy levels and sleep and help you feel more in control.

livingfully.org.uk

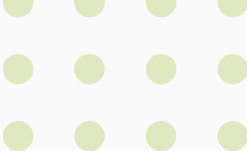


WHAT IS MINDFULNESS?

LEARNING TO BE MORE PRESENT AND AWARE.



Mindfulness is a way of learning to be more present and aware. This offers more choices in managing what you may find difficult and more opportunities to enjoy what matters most. Research has shown that mindfulness reduces levels of anxiety and depression, improves sleep and increases levels of wellbeing in people with cancer.



MBCT FOR CANCER COURSES



WHAT WE CAN OFFER

- Regular on-line Taster Sessions for those new to mindfulness to learn what its all about.
 - Regular on-line 8 week Mindfulness Based Cognitive Therapy for cancer (MBCT Ca) courses taught in small groups.
 - Monthly on line follow up sessions for those completing our courses.
 - In person follow up day courses to keep mindfulness skills alive.
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OUR FEEDBACK

OUR PARTICIPANTS HAVE SAID

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“This opened my eyes to the possibility of becoming happy again”

“I cannot understate my experience of Mindfulness for it’s pivotal role in my ongoing recovery”

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For more information and details of sessions and courses please visit www.livingfully.org.uk or contact us using the details below

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