

York MBSR
The Mindful Way to
Reducing Stress

As well as promoting
general **well-being**,
mindfulness offers us the
opportunity to use the
capacity of our mind to
face **stress, pain or illness**.



MBSR has been shown to
result in a substantial
reduction in the use of GP
services (Mental Health
Foundation Mindfulness Report)
and is increasingly being
seen as a cost effective way
of addressing the **70% of
GP visits which are for
stress-related complaints**
(International Stress Management
Association)

GP Referral Form

Mindfulness Based Stress Reduction



MBSR is a structured eight-week group course which combines mindfulness meditation skills with proven stress reduction techniques. It is supported by a growing base of empirical research and recommended as a complimentary approach to managing a variety of health concerns such as stress, anxiety, depression, IBS, high blood pressure, ME/CFS and fibromyalgia.

Referring GP Details

GP Name:

GP Practice:

Telephone Number:

Email:

Funding Body / CCG:

Invoice Address:

Purchase Order Number:

Course Applicant Details

Name:

Date of Birth:

Email:

Address:

Telephone Number:

“I understand that MBSR is not designed to be a relaxation class, a group therapy session or a “quick fix”, but is a course which teaches a valuable life skill, the development of which is nurtured throughout the 8 week course and requires a significant personal commitment, both during and after the course so as to support the integration of mindfulness into daily life”.

I wish to attend the MBSR course commencing in on / /

Please note that course correspondence is normally sent via email.

Please return this completed form, marked Private and Confidential, to:

York MBSR, Suite Z, Holgate Villa, 22 Holgate Road, York, YO24 4AB