

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, Priory Street Centre, 15 Priory Street, York, YO1 6ET**