



Coronavirus Update January 2021

- * **online** public and workplace mindfulness training
- * free weekly guided meditations for course graduates
- * facebook links to wider resources
- * mindfulness mentoring

The challenges of living amidst a pandemic has brought to the fore the inner resources from which we all draw. It is the understanding and development of these inner resources upon which our work focuses.

Mental and Emotional Health

Stress, Anxiety, Burnout, Chronic Health Conditions

Having stood the test of time in helping people through difficult times the internationally recognised and researched [Mindfulness-Based Stress Reduction](#) course remains a great starting point for would be meditators (or re-starting point for lapsed meditators!).

Carers

We continue to be conscious of the challenges faced by those caring for children, parents, a friend or relative and our extra-ordinary healthcare professionals. Our online '[Caring for the Carer](#)' programme supports carers in developing resources to manage the significant emotional impacts of caring.

Building a Better Normal

For many normal wasn't working. Yet normal is extremely habitual, especially when under pressure. Let mindfulness support you (and your organisation) in ensuring that this be more than a catch-phrase.

Monthly Mindful Mondays

If you are new to meditation or looking for ways to structure your life more mindfully our [Monthly Mindful Mondays](#) explore the benefits of bringing a mindful attention to different areas of our lives.

Continued Practice

Whether feeling sustained by your practice or frustrated that you have let it slip, our free [Tuesday morning meditation group](#) offers a regular way for graduates to nurture their meditation practice.

Mindful Workplaces

We feel privileged to work with organisations committed to developing psychological safety and more 'brain friendly' organisations. Please use the links below to find out more ...

['Permission to Pause' and 'Pause Power'](#).

[Stress Reduction](#) | [Managing Change](#) | [Caring for Carers](#) | [Mind Training Series](#)

We hope that this blend of structured opportunities to meditate with others and in-depth training will support you in prioritising the inner work of self-care, wellbeing and wise action during 2021.

Don't hesitate to contact us (preferably by email) if you have any questions otherwise please join our [mailing list](#) or follow our [Facebook](#) page and we will keep you informed of any new events.

With best wishes for your safety and wellbeing from everyone here at NCMC,

The Northern Centre for Mindfulness and Compassion

Please be aware that we are **not able to provide an emergency response**. In an emergency please access resources provided by either the [Samaritans](#) or [MIND](#) ('Get help now' tab).