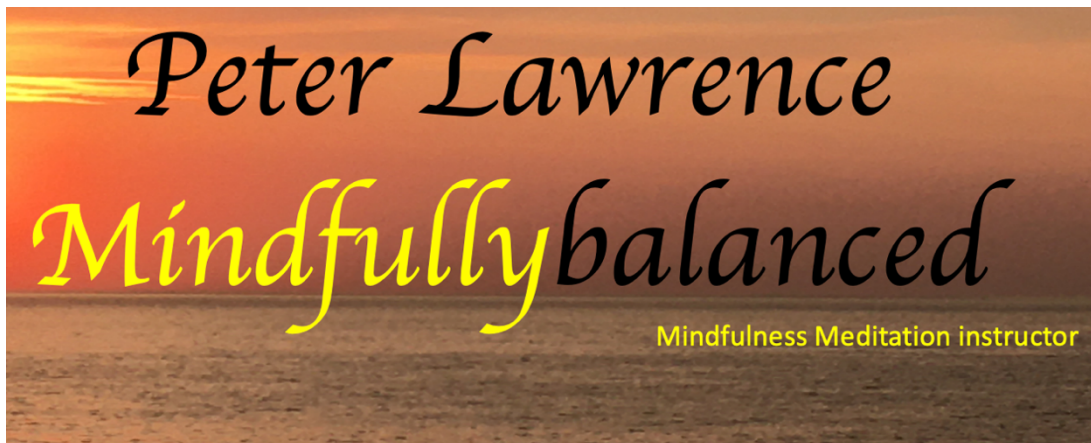


Newsletter 1/2021



First newsletter 1/2021

Hi everyone

I have now created an email group, yay!! Another new skill I've learnt.

Now this group is set up, I will send out weekly updates with some newsy items as well. I will make it look more like a newsletter as I build my 'Newsletter Creative Skills'. Yay!!

In this newsletter: 1/2021

Update weekly sessions

Update on survey

Update on registers

Mindful movement

Good news

Quick read - Rick Hanson change the channel

Newsletter 1/2021

Update on Survey:

The survey is now closed, as I need time to put the responses in a format for the funders by the end of this month. There were 37 respond to the survey which is terrific, so thank you. There was excellent feedback and I'm so glad that all of you, 100%, felt that attending has benefitted you, especially through the pandemic. That is so good to hear. And I know the funders will be bowled over by the feedback. I have already drip -ed them a few things that have come out of the survey, to whet their curiosity, and have talked with them about the sessions, and I get the vibe that they are happy.

Update on Registers:

However, the registers, do show a concern with the numbers attending each session:

The sessions which are well attended are:
Saturday mornings, specific for pain management.
The morning mindful movement sessions (MM&Ms) between 9am - 9.40am

I'm certain they will remain.

With the others I may try and be creative with what is needed in the sessions. The decision about the sessions wont happen immediately.

It looks like I will need to stop the Tuesday 12.45 session as the last 3 weeks there has not been anyone attending, and before that only 1 or 2.

I will have to join the Monday evening sessions with the Thursday evenings. Or split them, as in Monday 8.30pm and Thursday at 6.30pm or vice versa. Or just both sessions being run on one evening.

The Friday morning is being looked at too.

This isn't to worry you, as there will be sessions available. And it's not to pressure you in attending, it is what it is and that's ok. The changes may not suit everyone, but things can work out.

I have run the online sessions for almost a year now, and a time of reflection is always good.

Mindful Movements:

The movements and dance part of my meditations are really popular and on the retreat I ran last year, before lockdown, the movement meditation was voted one of the popular sessions.

From this work I have created a Mindful movement meditation which lasts about 20 minutes and I will include it in my sessions from next week, and then in the future

Newsletter 1/2021

from time to time, next week I will do it in all sessions apart from the late 8.30pm ones as these are specific for restful reflective meditations before bedtime. I don't want you to be wide awake and jumping all over your children's beds when they're asleep!! or something similar with your partner, friend, pet or anyone or anything else that may be around!

Good news!

I was contacted by the Training and Welfare Officer in HR from the University of East London (UEL), about delivering the MBSR (Mindfulness Based Stress Reduction) course and delivering bespoke Mindful session to their staff as part of supporting their staff. The person attended one of my sessions to get an overview of what I do and I have recently heard back to agreeing a contract. Yay!!!! Exciting!! I was recommended by one of the attendees of my group so thank you, and to the support of those who attended the session too.

I have been approached, and may deliver a brief presentation at the Mindfulness in Schools Project, annual conference for teachers and trainers who teach mindfulness in schools, in which I am a member. The presentation concerns my work with a foster child, who was finding it very difficult in coping in school and with the foster family. After working with the local CAHMs team, social services and the school, for a period of time, his behaviour changed as now has the strategies to work with his own feelings and emotions in a better way!

The feedback from attendees has been incredible and I'm so pleased attending my workshops has helped so many. These will be up on my website: Mindfullybalanced.co.uk in the testimonial page soon. No names will be given, only the first initial and a month/year I received the feedback, these will also be shared with the funders.

If you wish to share your good news story, anonymously or not, through the newsletter, please get in touch. It's good to share and realise you are not alone.

In November/December, I completed a Breathwork course with Ben Wolff, where I learnt new meditative and breathing skills, the humming nasal breath being one, to develop my own personal practice as well as my teaching. I still have training to do, and I am looking at specialising in Breath for Pain Management, Chronic Fatigue, Anxiety and maybe, If I can fit it in, Breathing for Long Covid.

and finally a short read from Rick Hanson, Change the Channel:

(anything in italics are my words which I added to clarify)

For starters, give yourself permission to change the channel. Sometimes people get stuck in a situation, relationship, or feeling and think it's more noble, awake, open, mindful, accepting, or therapeutic to stay with it, even if it hurts like crazy and isn't getting any better. Sure, let's not err on the side of suppressing feelings or running from the first hint of discomfort. But let's also not err on the side of running laps around a track in hell.

Newsletter 1/2021

Then *do* something. It doesn't need to be ambitious. Usually the simpler, the better.

Try physical pleasure – which helps calm down the stress machinery of your brain. Run water over your hands. *Moving your head gently looking over each shoulder and engaging in sensations and the movement (changed to my words for clarity)* Smell an orange. Look at a flower.

Treat your body well. Eat some protein. Take a nap. Go for a walk. Do vigorous exercise if you can. *(or watch my youtube link on moving gently to warm up and lubricate the muscles)* Remember your vitamins.

Broaden your perspective. Look out the window. Consider your situation from a bird's-eye view, a more impersonal angle. Consider how someone (real or imagined) who deeply loves you would look at it. Think about it amidst 7 billion other humans, or in the sweep of history. (Of course, not to diminish, dismiss, or shame your own pain.)

Entertain yourself. See a movie, listen to music, go watch a show. *(when it's safe to do so)* Look at Red Bull stunts, concert videos, amazing pong *(table tennis)* shots, or rock climbing on YouTube (alright, some of my faves - *this is Rick's not mine!*)) or whatever you like.

Set something in order; exercise control *somewhere*. When I feel depressed, I make my bed. Keep it simple: fold one pair of dish towels, separate the big forks from the little ones, straighten one shelf of books.

Connect with others (as long as you don't feel overwhelmed by it). Call a friend. Pet your pet. Sit in a coffee shop full of strangers and enjoy the bustle. *(When it's safe to do so)*

Go somewhere that feeds your heart. Maybe sit under a tree, or by a stream, lake, or sea. Perhaps a church or temple. Or a park with children playing, a museum, or a garden. *(When it's safe to do so)*

Every life is hard sometimes, and some lives are terribly hard all of the time. Do what you need to do. It's OK to change the channel.

Thank you for reading and if you would like to feedback please do!

With Kindness

Pete
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