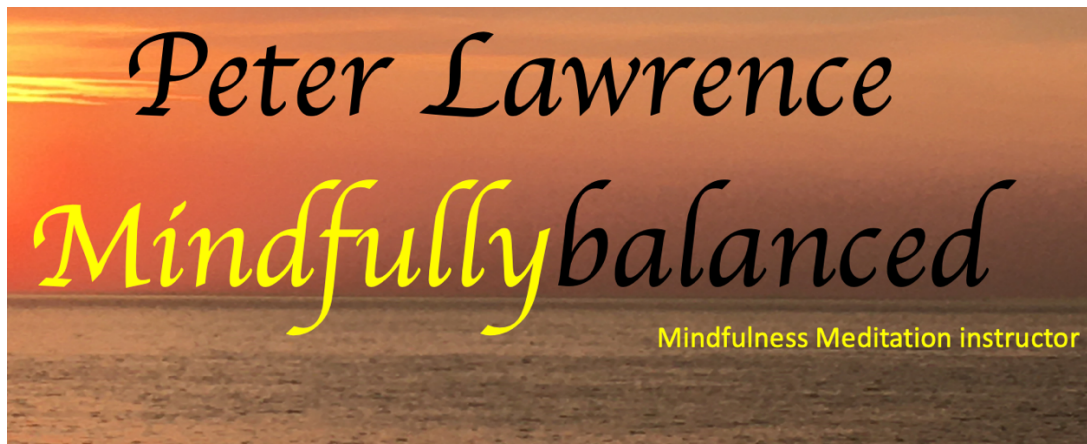


Newsletter 14/2021



Mindfullybalanced.co.uk

Date: 30th 2021

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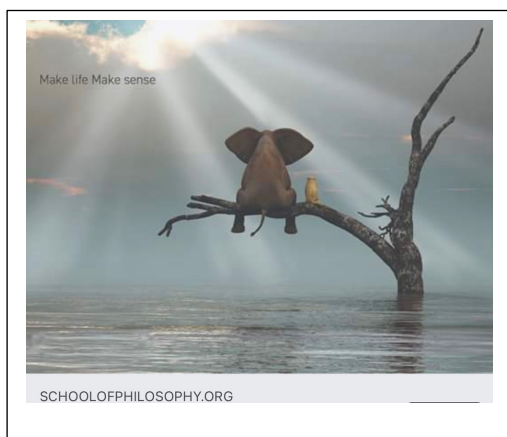
Section 1: Update weekly sessions

Section 2: Personal news and a Quick read - 3 Mindful tips for the end of lockdown and 'Re-Entry Anxiety'.

Section 1:

Update weekly community sessions

Next week's timetable is below. Please note there will be no sessions on Monday 31st May at 8.30pm and Wednesday 2nd June at 9am. I will take a 9am session on Thursday 3rd June, to replace the Wednesday one.



Monday 31st May - 9am

Tuesday 1st June 7.30pm Movement for Cancer

Wednesday 2nd June (no 9am session)

Thursday 3rd June 9am and 6.30pm

Friday 4th June - 9am and 11.30am

Saturday 5th June 11am

Sunday 6th June 10am

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

The Sunday morning sessions will run in June on the following days

Between 10am – 11am on Sundays 6th, 13th, 20th and 27th

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Some anonymous comments given in a recent survey from people attending a MBSR course I recently took:

‘It is absolutely worth attending as it makes you realise how you can get lost with pressures of life and not to notice that your life has slipped through, remember to appreciate yourself’

‘It was useful in cultivating patience and acceptance as well as learning a range of techniques for mindfulness. It was gentle but very powerful. Completing it in the workplace was especially effective at changing my mindset towards my workplace. I was at a very low ebb when I started this course and seriously contemplating starting to take anti-depressant medication. Slowly, I have emerged from this mood and feel a lot brighter and resourced for life. Thank you so very much for your compassion and humour and wisdom’

‘Life changing’

Section 2:

Personal news:

Some of you know already that I and my wife Angela are moving to Dorset, it's part of our new adventure, and we are really excited! I will continue the sessions through Zoom as the funders for the sessions are very pleased with the feedback. However, funding is being reviewed again, as one funding stream is coming to an end, and the social prescribing co-ordinators are looking at other funding streams to continue this much needed and very useful work.

Nevertheless, there may be disruptions to my sessions when we do move, set up internet bla bla bla, but we're not sure when yet, although we are close, we think!! I will keep you up to date.

Quick Read: 3 Mindful tips for the end of lockdown and ‘Re-Entry Anxiety’. *Sally Harris*



Since last week, people in England are able to meet outdoors in bigger groups again, and there are now looser restrictions on public places like pubs, restaurants, and cinemas. With these changes, “re-entry anxiety” is becoming increasingly common, as many people feel pressure to leave the comfort zones they’ve settled into over the last year.

Whilst events in the world have presented mental health challenges for all of us, for many introverts, one of the unexpected blessings of lockdown has been to

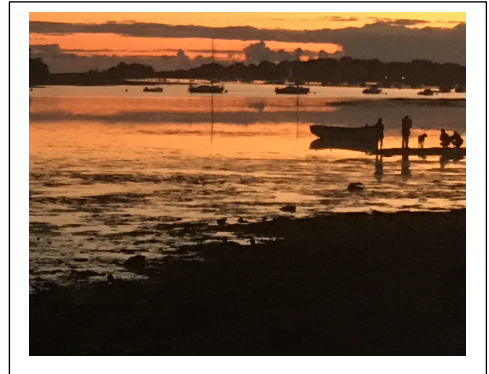
feel that homebody tendencies don't have to be explained or excused. It has been acceptable—in fact required—to lead a quiet life. The quiet souls amongst us may have found their natural preferences matching the demands of the world for once. No busy offices,

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rowdy parties or enforced jollity, no need to feel self-conscious or guilty about preferring the simple pleasures of life.

But over the past week, seeing pub gardens suddenly full to bursting, many of us may have had a sense of being slightly out of sync. Perhaps you've found yourself worrying that you 'should' be more excited about the changes, or making more plans to be sociable. So what to do if - like so many of us - you're feeling hesitant, overwhelmed or worried about the return of 'normality' and all that goes with it? How might mindfulness help at this time of transition?

- **There is no 'right' way to feel.** It's OK to be feeling excited about lockdown easing, but it's equally OK to be feeling ambivalent. Sadness, fear, joy, relief, worry – these are ALL valid and natural responses to this time of readjustment. The mindful principle of non-judgment can be reassuring here; there is no hierarchy of emotions and you don't need to change or fix how you're feeling. This can be particularly helpful when you feel that you should or shouldn't be responding in a certain way. It can be a huge relief to let go of the burden of self-judgment and just allow things to be as they are.



- **Be gentle with yourself.** In mindfulness we try to cultivate a type of awareness that is warm, accepting and friendly. To take one example, seeing lots of people out socialising again may have brought up a sense of loneliness for some of us and our knee-jerk reaction might be to criticize ourselves, or to get lost in stories about our social failings. With mindfulness, we try to acknowledge the fact that we're feeling lonely, and turn towards that feeling with care and warmth. The harsh tone of thoughts we might normally have like "No-one likes me, I'm a loser", can be replaced by the gentler, friendlier tone of thoughts like "It's really hard to be feeling this lonely, what can I do to look after myself just now?"

- **You're not the only one feeling this way.** Over the past year many of us appreciated the sense of solidarity and connection that came from knowing that we were all in it together. That sense of connection may be less apparent now, but you can take comfort in the knowledge that a good portion of the population is probably feeling just like you. Stuck at home with chronic pain? You're not alone. Feeling worried? You're not alone. Dreading noisy pubs and offices? You're not alone. This sense of connection can be grown simply by using our imagination, like we would in a Connection or Loving Kindness meditation, to build a picture of the many other people who may – and likely are - feeling just like us.

Sally Harris

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Yay!!!

Take care everyone.

With kindness

Pete

