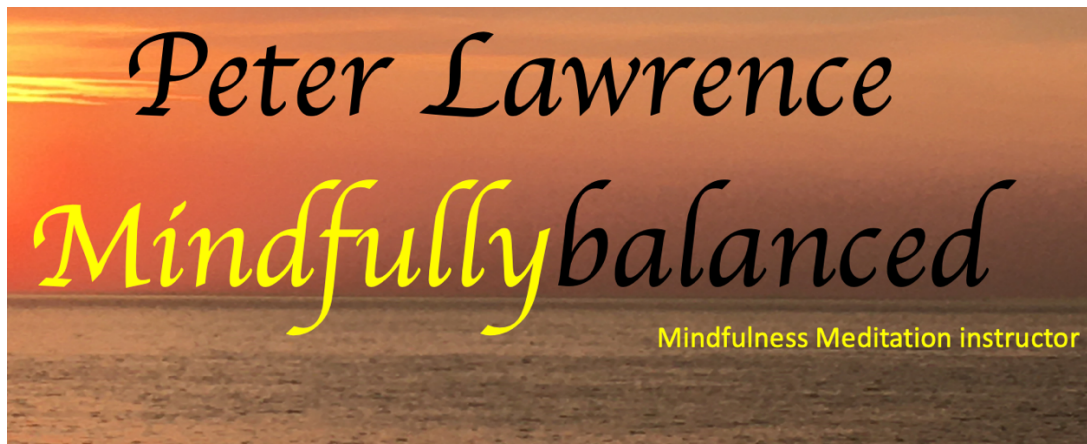


# Newsletter 15/2021



Mindfullybalanced.co.uk

Date: 5<sup>TH</sup> June 2021

Contents of this newsletter:

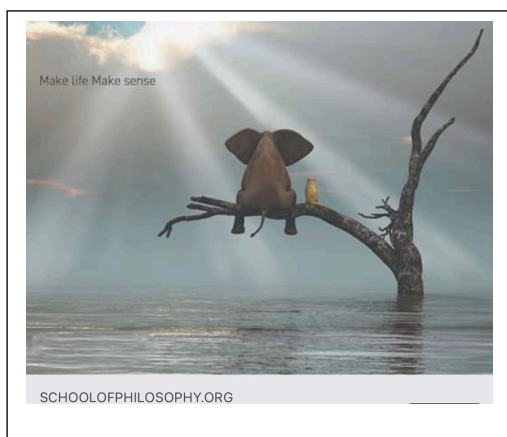
Section 1: Update weekly sessions

Section 2: Personal news (repeated) and a Quick read -  
Mindfulness: Mark Williams

## Section 1:

### Update weekly community sessions

**Next week's timetable is below.**



Monday 7<sup>th</sup> June - 9am and 8.30pm  
Tuesday 8<sup>th</sup> June 7.30pm Movement for  
Cancer

Wednesday 9<sup>th</sup> June 9am  
Thursday 10<sup>th</sup> June 6.30pm  
Friday 11<sup>th</sup> June - 9am and 11.30am

Saturday 12<sup>th</sup> June 11am  
Sunday 13<sup>th</sup> 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 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>

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Mindfulness sessions are something that I value very much, they helped me to reset the way my brain works, to think in a calmer way, to bring back focus to things that are important in life, to look at the world and people in it in a more understanding way and to respond to whatever is happening around me in a way that would not cause me unnecessary stress or upheaval. **AR December 2020**

## Section 2:

### Personal news: (Repeated from last week)

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

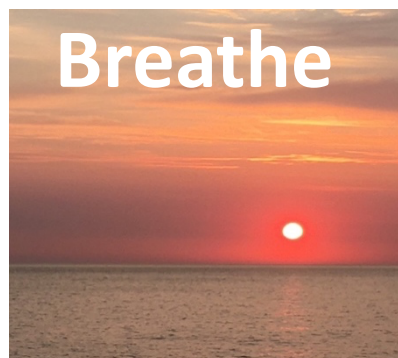


Zoom as the funders for the sessions are very pleased with the feedback. However, funding is being reviewed again, as one funding stream is coming to an end, and the social prescribing co-ordinators are looking at other funding streams to continue this much needed and very useful work.

Nevertheless, there may be disruptions to my sessions when we do move and 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: Mindfulness: Mark Williams co-author Mindfulness: A practical guide to finding peace in a frantic world.

You can't stop the triggering of unhappy memories, self-critical thoughts and judgmental ways of thinking – but you can stop what happens next. You can stop the spiral from feeding off itself and triggering the next cycle of negative thoughts. You can stop the cascade of destructive emotions that can end up making you unhappy, anxious, stressed, irritable or exhausted.



Yay!!!

Take care everyone.  
With kindness

Pete