**Mindfulness Based Menopause Symptom Reduction (for University Staff)**

**Course details**

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| How long is the course? | 8 weeks |
| How often do we meet? | 2.5hrs per week (an optional mini-retreat will be offered on Saturday between week 6 and 7) |
| Who is the course for? | Staff at the University of Exeter |
| How many people are on each course? | Up to 15 |

**Is this course for me?**

This course is for members of staff at the University of Exeter who are experiencing menopause symptoms, who want to learn more about mindfulness, and to develop the ability to deal more skilfully with their symptoms. It is taught in 8 weekly sessions along with home practice.

*Please note: this course is not a treatment for any specific physical or psychological conditions and is not suitable for people who are currently experiencing very severe problems in these areas.*

**What will I learn?**

You will learn to cultivate mindfulness on two levels: First and foremost are the core mindfulness meditation practices. You will be taught a series of simple daily meditations that can be done almost anywhere. Some are as short as 3 minutes, while others may take 45 minutes. Second, mindfulness encourages you to break some of the unconscious habits of thinking and behaving that stop you living your life to the full.

**Who will teach me?**

Our mindfulness course teacher is fully trained and meets [**Good Practice Guidelines**](http://mindfulnessteachersuk.org.uk/#guidelines).

**Committing to the Course**

In order to benefit fully from the course, it is important that you commit to attending every session, as each class builds on the learning and meditation practices from the week before. It is also important that you are able to engage with the home practice, which means being able to set aside up to 45 minutes a day, 6 days a week, for the duration of the course. It might be helpful to think of it like committing to an exercise programme; before the course begins, do give some thought as to where in your day you will find time for this.

Occasionally unforeseen circumstances may arise which means you need to miss a particular class. However, if you think that this might be a regular occurrence then it may be better to postpone doing the course till another time. You might occasionally find yourself unable to do the home practice or find yourself struggling with the home practice more generally once the course begins; the invitation is to be patient with yourself and to continue attending the classes each week even if you have not managed all the practice.

In order to attend this Staff Course, will receive a 60 minute orientation session. Held during lunchtime on 9th January 2020. (Telephone orientation available for those unable to make this introduction)

Apply to attend by emailing: **Barbara Watkinson (baw214@exeter.ac.uk)**

The course is held in Mood Disorder Building and dates in are as follows:

|  |  |  |
| --- | --- | --- |
| **DAY**  | **TIME** | **ROOM** |
| **Friday 10th January** | **14.30 - 17.00**  | **G18**  |
| **Friday 17th January** | **14.30 - 17.00**  | **G18** |
| **Friday 24th January** | **14.30 - 17.00**  | **G18** |
| **Friday 31st January** | **14.30 - 17.00**  | **G18** |
| **Friday 7th February** | **14.30 - 17.00**  | **G18** |
| **Friday 14th February** | **14.30 - 17.00**  | **G18** |
| **Saturday 15th February** | **10.00 - 15.00** | **TBC** |
| **Friday 21st February** | **14.30 - 17.00**  | **G18** |
| **Friday 28th February** | **14.30 - 17.00**  | **G18** |

Past participants, when asked about their menopause symptoms after the programme, said:

“They gradually subsided. I feel more like ‘me’!”

“My low moods have almost gone.  I feel a lot more in control of how I react.”

“Physically (palpitations, hot flushes and low energy) have subsided or disappeared”

“My sleep has improved”

“ . . . which reduced my view of them (symptoms) as troublesome”

“low mood, memory loss and anxiety have been replaced with confidence, alertness and being able to articulate better”