



St Andrew's
HEALTHCARE

the little book of
mindfulness

TAKE SOME TIME OUT FOR YOURSELF

Transforming lives together

COMPASSIONATE CARE

At St Andrew's we are proud of our rich heritage in the provision of mental health care. Our history as a charity began in 1838 with the opening of our hospital in Northampton.

Our years of experience and understanding of people's mental health needs mean that we are proud to offer services to the community through our private therapy outpatient clinics.

WHAT IS MINDFULNESS?

Mindfulness is about paying attention to the present moment without getting stuck in the past or worrying about the future.

Mindfulness is a mind-body based training that can help us to become more aware of our thoughts and feelings, so that instead of being overwhelmed, we're better able to manage them.

Mindfulness is about accepting your present experience whether that is good, bad or neutral.

HOW CAN MINDFULNESS HELP ME?

Mindfulness is proven to help with stress, anxiety, depression and addictive behaviours.

Coping with the pressures of modern living can be hard. Every day a quarter of a million people miss work in the UK because of stress. Mindfulness can really change the way you manage and react to stressful situations, providing you with a valuable tool to stay mentally healthy.

HOW CAN I BUILD MINDFULNESS INTO MY LIFE?

Even on a most basic level there are a number of simple things you can do to be mindful. These can help to reduce stress and anxiety and include...

A pair of weathered, brown hands are shown from a top-down perspective, gently cupping a small, vibrant green seedling with two leaves. The seedling is planted in dark, rich, cracked soil. The background is a dark, textured surface, possibly more soil or a dark background.

FOCUS ON
**ONE
THING**
at a time

No.1



No.2

DO LESS AND
Make time
for the things
you enjoy

When you are
TALKING TO SOMEONE,
BE PRESENT,
really listen to what
THEY ARE SAYING



No.3



No.4

LIVE SLOWLY
& ENJOY
your life



Take a few
MINUTES
TO ENJOY THE
NATURAL
world around you

No.5

EAT SLOWLY &
enjoy your
FOOD



No.6

Do nothing
FOR FIVE
MINUTES
each day



No.7

Stop worrying
ABOUT THE FUTURE
&
FOCUS
ON THE PRESENT



No.8

HOW CAN ST ANDREW'S PRIVATE THERAPY OUTPATIENT CLINICS HELP ME?

Within our outpatient clinics we employ over 20 practising Psychiatrists and Psychologists, meaning that we can match you with the most appropriate clinician and tailor your treatment to your needs and requirements.

The therapies we use are evidence based and National Institute for Health and Care (NICE) recommended. We use a variety of different therapeutic approaches, which we tailor to the specific needs of our clients.

The most commonly used psychological therapy is;

Cognitive Behavioural Therapy (CBT)

This involves identifying and breaking out of the unhelpful thinking and behaviour patterns which can cause problems, such as anxiety, depression and stress.

Our private therapy outpatient clinics help individuals overcome many common mental health issues, enabling them to function better in their everyday lives. We support people with:

- depression
- stress
- anxiety
- mood swings
- poor work performance
- sleeping difficulties
- panic attacks
- low self-esteem
- relationship difficulties
- anger
- autistic spectrum disorders
- attention deficit hyperactivity disorder.

To speak to someone about how we can help

t: **01604 616 050**

e: **therapyclinics@standrew.co.uk**



LAST YEAR ST ANDREW'S PRIVATE THERAPY OUTPATIENT CLINICS HELPED OVER 300 PEOPLE TO FEEL BETTER.

To find out how you can access
help and support contact us:

t: 01604 616 050

e: therapyclinics@standrew.co.uk

w: standrewstherapy.co.uk