

LAST YEAR ST ANDREW'S  
PRIVATE THERAPY 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](mailto:therapyclinics@standrew.co.uk)

**w:** [standrewstherapy.co.uk](http://standrewstherapy.co.uk)



the little book of  
mindfulness

TAKE SOME TIME OUT FOR YOURSELF

# 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 1883 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 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 lighting is dramatic, highlighting the textures of the skin and the soil.

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*

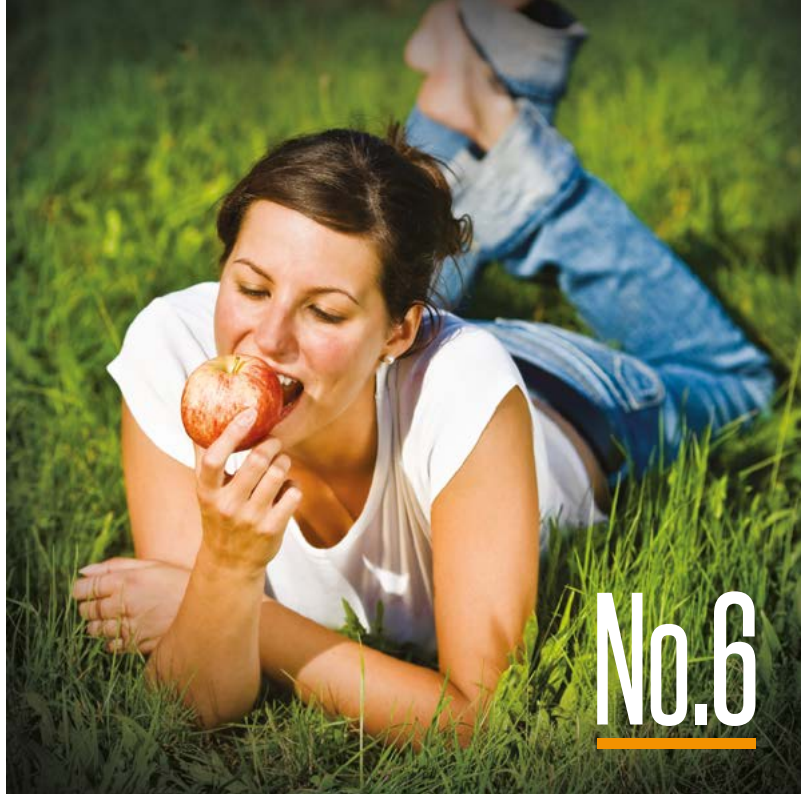


Take a few  
**MINUTES**  
TO ENJOY THE  
**NATURAL**  
world around you

**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 CLINICS HELP ME?

Within our private therapy 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 Excellence (NICE) recommended. They include:

**Cognitive Behavioural Therapy (CBT)** which can help break problems into smaller parts and provide practical ways to manage anxiety, depression and stress.

**Cognitive Analytical Therapy (CAT)** enables you to discover the root cause of your symptoms and move forward through the careful analysis of past experiences.

St Andrew's private therapy clinics allow you to benefit from the knowledge and expertise of Psychiatrists and Psychologists practising at St Andrew's Healthcare on a daily basis.

Our clinics offer assessments and treatment for a wide range of issues including:

- depression
- stress and anger
- mood swings
- sleeping difficulties
- low self esteem
- memory problems
- poor work performance
- panic attacks
- anxiety
- relationship difficulties.

To speak to someone about how we can help

t: **01604 616 050**

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