

LIVING & WORKING MINDFULLY AT CTM

Mindfulness training can help us become more aware of our thoughts and feelings, so instead of being overwhelmed by them we are better able to manage them. Learning simple techniques can improve and enhance personal awareness, insight, relationships and wellbeing.

Living and working together mindfully @ CTM, with awareness, insight and compassion.

Please get in touch with your Wellbeing Service, if we can support you or your team with any of the sessions below:



'8 week MBLC' (Mindful Based Living Course)

8x 2 hour weekly sessions, supporting you to integrate mindfulness into your daily life. Stress management, managing anxiety, interest, improving emotional regulation, Emotional Intelligence and overall wellbeing. Drop in sessions and What's App group available following completion of MBLC. Training on line or in person.



'Rest, Re-charge and Re-connect' Session

Two hour session supporting you to take some time for yourself, build emotional resilience and understand the causes of anxiety and stress. Learn basic skills to enhance wellbeing.



'My Care – Your Care' Workshop

Understanding the components of compassion and why self-compassion is essential, especially in the health care environment. Learn to manage emotions, thoughts and sensations with compassion based mindfulness practices, resources and an APP. Time for you!



One hour 'Take a Breath' Session

Time to quieten the mind and ground the body, learn some basic mindfulness techniques to use in everyday life.



Monday Midday Mindfulness

Drop in one hour session to top up your practice, open to those who have completed the MBLC.



Compassion Based Living Course

2x 8 hour weekly sessions, supporting you to enhance your mindful living with compassion practices which enhance acceptance, gratitude and self-compassion.



Compassionate Spaces for Listening

Join a small group to learn how to create safe spaces with others to talk about our own lived experiences and beliefs, and those of others without judgement or opinion. A space to reflect, re-energise and transform.

Please email
CTM.WellbeingService@wales.nhs.uk



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

