

## Mindfulness Classes



Do you want to discover what mindfulness is? Well, the best way is to *do some*.

Cambridge University is offering free mindfulness classes to students. Many students find mindfulness helpful to deal with the pressures and expectations of

### Why be mindful?

Students tell us that learning mindfulness makes a difference because:

- They feel more resilient, more able to deal with pressure and overwhelm.
- Deadlines are met more easily and efficiently.
- Difficult decisions are reached more smoothly.
- Anxieties and worries have less “hold” and diminish.
- Happier and calmer feelings come to the forefront.
- Life seems more enjoyable, satisfying and interesting.

### Mindfulness is...

- A well-researched and effective approach to improving well-being.
- An entirely secular approach to meditation.
- A natural human impulse to be aware, alert and centred.
- An umbrella term for practices which develop these qualities.

Ground-breaking research conducted at Cambridge University into the positive effects of mindfulness for students has shown significant benefits for students. Even during the exam term, students were less stressed and more resilient

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### Where can I learn mindfulness?

Cambridge University offers free mindfulness courses and classes to graduates and postgraduates during term times.

**Mindfulness Skills for Students:** This is an eight week course which teaches you three different mindfulness meditations, within a group of other students learning how to meditate. You are encouraged to spend some time every day practising what you learn in the classes, supported by audio tapes, class handouts and the course book *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* by Williams and Penman (2011).

Seven courses run each term at Cambridge University, in Michaelmas and Lent Terms. The courses are held each week of term, starting in the first full week of term. The classes last 90 minutes each and continue every week until the end of term.

**Mindfulness workshops:** These individual sessions are not part of a course, but can be attended by anybody wanting a one-off introduction to mindfulness, or to refresh their mindfulness practice. Sessions cover various aspects of mindfulness, such as how to stay calm, sleep better, improve your focus and make productive decisions.

**Check out the Mindfulness at Cam website to see what is happening and to book a place:**

<https://www.cambridgestudents.cam.ac.uk/welfare-and-wellbeing/mindfulness-cam/learning-mindfulness>