North Tyneside Carers' Centre

A NEW SEASON OF MINDFULNESS

Thoughts and feelings can weigh us down and drain us of energy without us realising

Thoughts about the weather,
Our to-do lists,
Coronavirus and lockdown,
Are we doing everything we can to support someone we care for?

If this sounds like your brain, join us for a new 6 week season of mindfulness.

Sessions start 14th October 2020
Wednesdays, 6.30pm - 7.30pm
(6 weekly online sessions)

We'll be covering:

- Mindfulness meditation and positive reflection
- How the various techniques can ease our fears and reduce stress
- We will be practicing a different technique every week such as belly breathing, positive journaling, mindful eating and kindness meditation

Visit *www.northtynesidecarers.org.uk/getting-online* for videos and instructions on how to use Microsoft Teams before you join the sessions.

These sessions are free to carers based in North Tyneside and suitable for all abilities.

Follow Us On Social Media

North Tyneside Carers' Centre

@NTCarers

To sign up:

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