

# Psychological Therapy

## Factsheet 15



This factsheet is about **Mindfulness**.  
**Mindfulness** is a **psychological therapy**.



**Psychological therapy** is treatment to help  
you feel better in your mind.



A **therapist** will help you with your treatment. A  
**therapist** is someone who has been trained to  
help people with their thoughts and feelings.



## What is mindfulness

**Mindfulness** is about being in the moment with your body and mind. It is about feeling calm and relaxed.



You can do this by breathing and listening to the sounds around you.

**Mindfulness** is good for people who might have mental health conditions like anxiety and depression.



It is also good for people who think too much and need to relax.

## How mindfulness helps you

**Mindfulness** helps you to stop worrying about your past and your future.

**Mindfulness** helps you to move on from any bad feelings you might have.





**Mindfulness** helps to stop your thoughts taking over your life.

**Mindfulness** helps you to be calm and not let your thoughts get too busy.

**Mindfulness** helps you to stop worrying about things in your life that might be taking over your thoughts and feelings.

## **What happens in a mindfulness session**

**Mindfulness** sessions happen as part of a group. You will have a therapist to guide you and help you do a **meditation**.

A **meditation** is when you close your eyes and breathe slowly and deeply. This means you can concentrate better on things around you. A **meditation** session will last from 5 – 25 minutes.





Your therapist will help you and the group to work on the meditation so you can let go of some of your feelings.

You might talk about the meditation afterwards with other people in the group and your therapist.



Your therapist will talk to you about how many sessions you need.

You will need to commit to your therapy and go to every session if you can.



We might make checks on how you are doing and ask you questions.

You can find out more about **MBT** on this website

**[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)**

