

### **Mindfulness (MFN) – An Introduction Facilitator User Guide**

This workshop is designed to be an interactive session with group discussion and activities to encourage the participants to engage in conversation with the facilitator and each other.

WRaP aims to foster creativity, reflection, and discussion.

#### **Learning Objectives**

- Define mindfulness - what it is and what it's not
- Discuss the benefits of mindfulness and meditation – the physiology and 'hard evidence'
- Describe efficient strategies to increase both formal and informal mindful practices in daily life.
- Explore the barriers to mindfulness

As the facilitator, you may decide to focus on one or all in your education sessions.

#### **Mindfulness Module contents**

The documents provided in this module include

- Learning Objectives
- Learner Resource Guide
- Facilitator Resource Guide
- Synopsis of Mindfulness - an Introduction
- Power Point Facilitator Guide as a base for your lesson delivery.

You can decide to use some or all of these documents.

#### **Session Delivery Suggested Format.**

Delivery structure for this module could include some of the following

1. Power Point presentation
  1. The power point slides, if included, could be used to form part of a departmental teaching session
  2. It is a guide ONLY, written as a short, bare scaffold for you to build on depending on the needs of your learners

2. Small group facilitated discussion

- In particular, around the learning objectives you have decided to use
- Suggested focus on the scientific basis of mindfulness and explore any barriers to the practice for your learners

3. Activities

- Breathing
- Focusing