

# Mindfulness Meditation for Beginners

Do you struggle with repetitive, ruminative or self-critical thoughts?

Are you undermined by an inability to concentrate or focus?

Are you looking for a way to manage or cope with difficult emotions?



Mindfulness meditation is a practice that involves cultivating attention to the present moment in a nonjudgmental manner. Over time this practice creates an internal awareness that allows us to be with ourselves and others with a gentle, open attitude that is particularly helpful for disengaging from tendencies to criticize, ruminate, react or avoid.

The benefits of mindfulness meditation have been widely studied and there is substantial empirical evidence suggesting that regular practice is effective for:

- Alleviating symptoms of depression and anxiety
- Increasing capacity for attention and concentration
- Improving self-esteem
- Enhancing resilience to stress

This 8-week course is designed to offer basic meditation skills to anyone interested in starting a practice. No prior knowledge or experience is required. Participants will be provided with materials, instruction and support for building and sustaining a meditation practice. There will be an at-home practice component that is essential for deriving maximum benefits from the course.

**Where:** Mental Health Clinic at Hall Health Primary Care Center

**When:** Thursdays 4-5:30, beginning January 12, 2012 for eight weeks

If you would like to enroll, contact the Mental Health Clinic at (206) 543-5030. If you have questions about the course, e-mail or phone the group leader, Meghann Gerber, Psy.D.: (206) 221-7941 or [meghanng@uw.edu](mailto:meghanng@uw.edu)