



RECOVER MINDFULLY

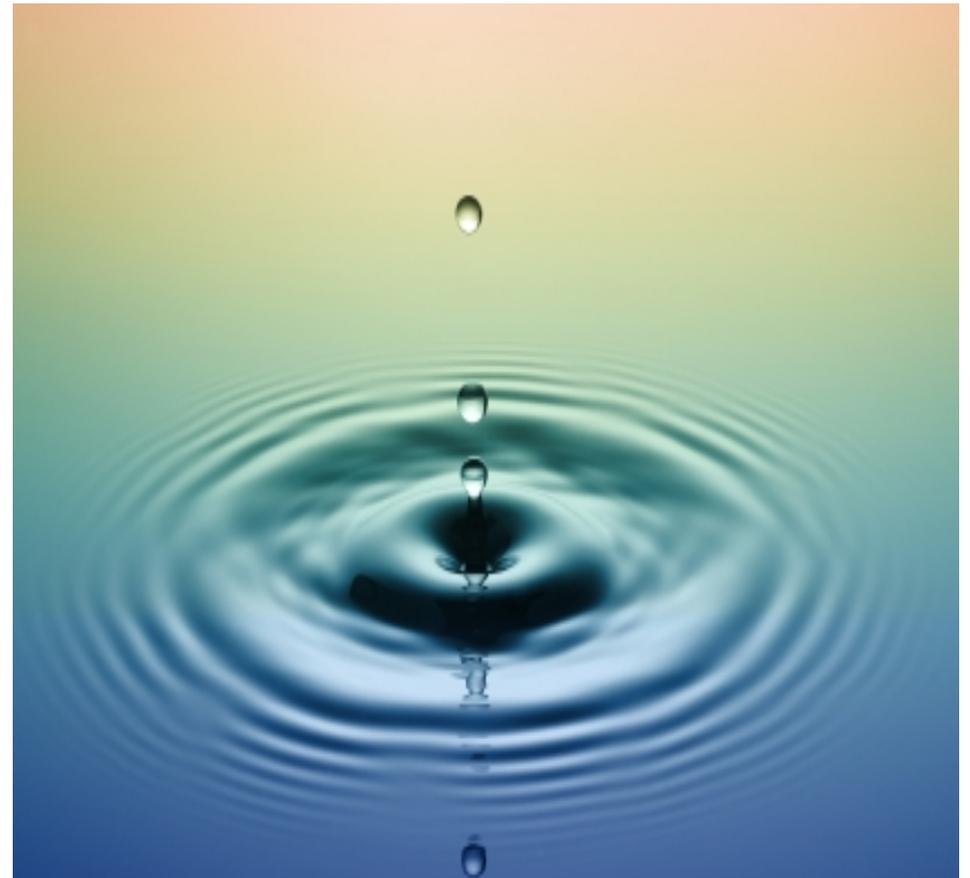
STIRLING INTEGRATED MENTAL HEALTH SERVICES

Livlands Resource Centre
Stirling Community Hospital
Livlands Gate
FK8 2au
Tel: 01786 446913

Referral Criteria:

The Recovery Team offers treatment for people who have been assessed and meet our criteria for a moderate mental health problem which can be treated within our group programme

Please note: to access the day hospital and the treatment programme a referral needs to be made via a GP or Consultant Psychiatrist.



WHAT'S THE GROUP ABOUT?

The aim of the group is to help you develop your own Wellness Recovery Action Plan (WRAP) and to be introduced to mindfulness, both theory and practice

This group runs for 5 sessions, each session lasts approx 2 hours. It is usually offered at the beginning of treatment and is a gentle introduction to group work.

WRAP

Wrap offers a Personal Workbook with which you can develop an effective and very practical, common sense approach to overcoming distressing symptoms which can sometimes arise from harmful levels of stress. It's a tool with which you can gain more control over problems or difficulties you encounter.

It can become a practical support for you to refer to daily as a reminder and guide, and also turn to at times of difficulty. It's designed as an aid for learning about yourself, what

helps you and what doesn't, and how to get progressively more in control of your life and your experience.

WHAT IS MINDFULNESS?

The group aims to teach, develop and practice mindfulness skills to enhance awareness and ability to be objective in our life experience and includes practical exercises as well as theoretical elements.

Mindfulness refers to a very old mental practice developed originally in East Asia which has been widely adapted for use by those of us in the West. At its most basic level, it refers to paying attention in a particular way to what is going on in the present moment and in a non-judgemental way.

This group explores the 'what' and 'how' mindfulness skills and a variety of mindfulness practices are introduced.