



May 6th, 2015

Stressing the importance of mindfulness

Staff from South Tyneside NHS Foundation Trust will be talking about mindfulness in Mental Health Awareness Week, May 11th-17th.

David Henderson, head of the Trust's South Tyneside and Gateshead Talking Therapies service, said: "Mindfulness is known to be successful in helping people with mental and physical health problems, from stress, depression and anxiety to chronic pain, eating disorders and concentration. It is about paying attention to the present moment - not getting stuck in the past or worrying about the future.

"The great thing is that you can practise mindfulness wherever and whenever suits your own needs – indoors or outdoors; whilst standing, sitting or walking; at home; in school; at work or simply while you're out and about. Mindfulness can help boost our productivity at work and, perhaps most importantly, can give us a greater enjoyment of life."

South Tyneside and Gateshead Talking Therapies service is supporting Mental Health Awareness Week with a number of activities:

- Monday, May 11th – Drop-in at Cleadon Park Primary Care Centre, Prince Edward Road, South Shields 10am – 1pm
- Tuesday, May 12th – Stand at the Al-Azhar Mosque, Laygate, South Shields 10am – 1pm
- Thursday May 14th – Stand at Asda, Boldon 10am – 4pm; stand at Gateshead Civic Centre 9.30am – 4pm

To find out more about South Tyneside NHS Foundation Trust's talking therapies service, for South Tyneside call (0191) 2832937 or email stpcmhs@stft.nhs.uk and for Gateshead, call (0191) 2832541 or email gatesheadtalkingtherapies@stft.nhs.uk
ends

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk