

Mindfulness and meditation

What is Mindfulness?

Mindfulness is a therapy that helps you to pay attention to your thoughts, sensations and feelings in a non-judgemental way. Mindfulness is the opposite of being on autopilot and enables you to take control of your mind rather than allowing your mind to be in control of you.

How can Mindfulness help me?

Mindfulness aims to support people with mild to moderate symptoms of stress, anxiety and depression. Perhaps you have been made redundant or are experiencing pain, you may have panic attacks or medically unexplained symptoms? There are a number of areas where mindfulness may help you to manage better.

Mindfulness therapy can be delivered over the telephone or in person at your GP surgery or other local venue with sessions lasting up to 50 minutes. Contact [Newcastle Talking Helps](#) or [North East Counselling Services](#).

Mindfulness Therapy can help you to develop techniques that helps to weaken old, unhelpful, negative and automatic thinking habits and and support you to take positive action.

Mindfulness Apps

There are a number of Apps available on ios or android that can be downloaded onto your smartphone or tablet. Some apps are available for free and you can search Google Play Store or the Apple App Store to find them. It is worth thinking about what you need and there are a wide range of options. A few Apps give you free, basic, mindful strategies and then require you to pay to get more in depth, ongoing support. It is worth trying several apps for free before you decide which you prefer.

Examples include: [Headspace](#), [Aura](#) and [Stop, breathe and think](#)

There are a number of articles and reviews available online; just search “mindfulness apps” to find a range of options.

To find out more about [getting online](#), visit our section on the website.

Meditation

Meditation can, in theory, be practised anytime and anywhere – but it usually helps to choose a

time and a place that is reasonably quiet and where you are unlikely to be disturbed or interrupted. It is not essential to meditate in a location that is completely silent but it may help at first.

One of the easiest ways to meditate is by using the simple, natural process of breathing in and out as something on which to focus your attention. Without breathing in any particular way, or trying to control the breath, but just breathing normally, try to keep your attention focused on your breathing. Be aware that as you breathe in you are breathing in, and that as you breathe out you are breathing out.

Similar to mindfulness, meditation is not about trying to stop the mind from thinking. Instead, as thoughts arise – which they will, don't try to suppress them, but become aware of them.

Meditation Centres

You may find it helpful to visit or start with a meditation programme. Options in Newcastle include:

[Newcastle Buddhist Centre, Diamond Way](#) and [Compassion Buddhist Centre](#)

Other Useful Information

[Anxiety](#) You may like to read our article and contact one of the organisations listed within it.

[Mental Health](#) If you are experiencing difficulties in your daily life, relationships or physical health you may like to read our article and contact one of the organisations listed with it.

[Complementary Therapies](#) such as acupuncture, aromatherapy and reflexology can be used to improve mood and wellbeing.

[Mindful Therapies](#) offers a variety of mindfulness courses and events throughout Tyneside.

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Useful Organisations

Newcastle Talking Helps

Email: refer@talkinghelpsnewcastle.org

Website: <http://www.talkinghelpsnewcastle.org/>

Telephone: 0191 282 6600

Compassion Buddhist Centre

Website: <http://www.meditation-newcastle.org/>

Telephone: 0191 284 3501

Address: 2 Station Road , NE3 1QD

Diamond Way Buddhist Group

Email: newcastle@buddhism.org.uk

Website: <https://www.buddhism.org.uk/diamondway-buddhism/newcastle/>

Telephone: 0191 276 0634

Address: 182 Heaton Road, NE6 5HP

Newcastle Buddhist Centre

Email: newcastlebuddhistcentre@gmail.com

Website: <http://www.newcastlebuddhistcentre.org>

Telephone: 07444 281890

Address: Newcastle Buddhist Centre, NE4 6AA

North East Counselling Services

Email: info@necounselling.org.uk

Website: www.necounselling.org.uk

Telephone: 0191 4408127

Address: Davidson Building, NE11 9AR

The Newcastle Meditation Centre

Website: <https://newcastlemeditation.com/>

Telephone: 0191 4408127

Address: 71b Westgate Road, NE1 1SG

Mindful Therapies

Email: mark@mindfultherapies.org.uk

Website: <https://www.mindfultherapies.org.uk/>

Telephone: 07852 595 858

Address: Basement, British India House, , NE1 6UF

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