

About the four-week course

- **Where?** Berkshire MS Therapy Centre, Reading, Bradbury House, 23a August End, Brock Gardens, Reading RG30 2JP
- **When?** Every Friday.
- **How long?** One-hour face to face session (or you can do it online).
- **Why?** If you are feeling stressed, anxious, depressed or overwhelmed, this may be the course for you.

What next?

If you feel that Mindfulness would benefit you and you wish to participate in the four-week course, contact:

alison.cini@royalberkshire.nhs.uk or call **0118 322 5369**.



More about Mindfulness

- <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>
- <https://mindfulnessnow.org.uk/about-mindfulness/>
- <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>



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www.royalberkshire.nhs.uk

**Please ask if you need this information
in another language or format.**

Alison Cini, MS Specialist Nurse, RBFT
Neurology, September 2022
Next review due: September 2024



Royal Berkshire
NHS Foundation Trust

**Mindfulness for
patients with MS**
Information for patients

This leaflet outlines how Mindfulness can be a useful tool for coping with stress and what our four-week Mindfulness course can offer for people with MS.

Introduction



Hi, I am Alison Cini. I have worked as an MS specialist nurse at the Royal Berkshire hospital for the last five years, running clinics for patients with MS. Prior to this I used to work with a community district nursing team.

In the last couple of years, I have become interested in how to manage stress in our daily lives. I practice Mindfulness myself to manage my own stress and find it very effective. I completed a course last year in Mindfulness so I am now qualified to teach it to others.

I would love to share this with you all and help you to manage your stress and anxiety in a healthy way.

As stress is one of the possible triggers for MS relapses, I feel this will be very beneficial for people with MS to take back some control in their daily lives.



What is Mindfulness?

“Mindfulness is a technique you can learn which involves noticing what is happening in the present moment, without judgement.”

(MIND)

Leading research has found that Mindfulness practised by people with long-term conditions can help them adapt to challenges more easily. Researchers in the Journal of Advanced Nursing found that “participants reported predominantly positive experiences, almost all identifying significant changes in thinking and behaviour”.

Benefits of Mindfulness:

- Stress reduction
- Clarity and focus
- Builds resilience
- Improves relationships
- Improves concentration
- Greater confidence and self esteem
- Reduces anxiety and depression
- Memory enhancement
- Pain reduction

What to expect if you participate

Each session is one to one and I will assess where you currently are with regards to your emotional health. I will then design a plan of guided meditations for you for the next few weeks. This will take you through each session and you will get an audio guide so you can practice Mindfulness at home.

