

# Now Un Limited

Building Resilience - a case study of  
work with young people



# cus of the case study

Would learning about mindfulness help young people with chronic health problems?



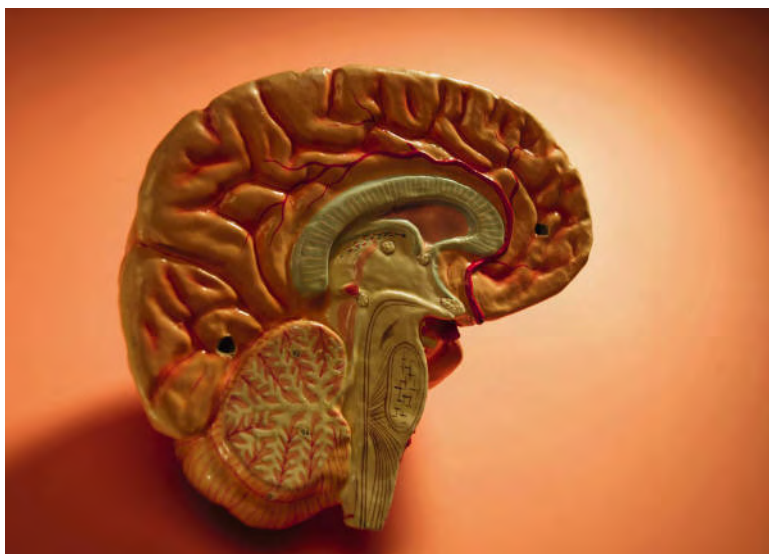
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# What is mindfulness?



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# mindfulness practices



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# Case Study – the young people

Chronic health problems – restricted mobility, pain, regular hospitalisation

Transition – adding to stress

No knowledge of mindfulness

Preconceptions around meditation



# ur approach

Introduced neuroscience

A series of experiments

Activity, reflection and wider application

Integrating emotional and social skills development throughout



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# Activity: Handling Fear



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# Outcomes

- Challenging thoughts
- Articulate experience and emotions
- Acceptance – leading to greater resilience
- Improved relationships – peer support group





# Outputs

Mindfulness curriculum  
Evidence portfolio  
Workforce development  
Resource pack for workers



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# next steps

Work with different cohorts

Accreditation

Workforce development

.....5 minutes for questions



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# Contact us

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