

Mindfulness and mental health update

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The session

- What is mindfulness?
- How it is influencing public policy
- Now Unlimited – working with young people
- Moving forward



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- Social enterprise – run mindfully
- Charitable aims – health, wellbeing and performance of individuals and organisations
- Research
- Our vision – mindfulness relevant and accessible to everyone



What is mindfulness?

- Common misconceptions – Buddhist, meditation, alternative, relaxation
- Definition – the ability to engage with experience without the filters of thoughts and emotions
- Neuroscience – changing the structure of the brain
- A marketing ploy - *McMindfulness*



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Reported benefits of mindfulness

- Health and wellbeing and resilience
- Decision making
- Focus and concentration
- Problem solving, creativity and innovation
- Emotional intelligence
- Communications and interpersonal
- Dealing with uncertainty



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Mindfulness and public policy agendas

- Health
- Education
- Workplace
- Criminal justice

Identified concerns



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Mindfulness and young people

- Education – attainment levels, mental health and character building
- Health – reduce depression relapse
- Workplace – local authority staff
- Criminal justice – reducing offending, workforce wellbeing



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Now Unlimited approach

- Youth work principles
- Young person centred
- Co-creation of services with young people
- Underpinned by research
- Supporting public policy priorities
- Collaborative working



Youth Programme

- Initial induction
- Co-creation of programme with young people
- Core programme
- Youth-led social action project
- Peer education and peer mentoring
- One to one mentoring
- Additional modules



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Mental health related initiatives

- Training Young Mental Health Champions
- Employability skills
- Supporting mental health awareness campaigns - NCS
- Work with young carers
- Work with Universities – student wellbeing
- Work with addicts in recovery
- Voluntary sector workforce stress research



Moving forward

- Expanding the team of qualified trainers – 10 in training
- Working across the East Midlands
- Working collaboratively
- Innovative work
- Sharing the learning – social media, website, e learning, workshops, conferences, case studies and books



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Getting in touch

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