

A Beginner's Guide to Mindfulness: ACT-BE-ME Study

Are you 18-25 years of age? Would you like to experience mindfulness practice and reconnect with your personal values to see if it helps you gain a greater sense of wellbeing and fulfilment in your life?

**A Beginner's
Guide to
Mindfulness**
Live in the moment



Life is not easy. Many people experience difficulties and pressures, perhaps particularly in young adulthood, that can leave them feeling full of gloom, doubt, fear, bitter disappointment or insecurities. Sometimes, people can feel this way for a long time, which can be difficult to manage.

The ACT-BE-ME Study is based on acceptance and commitment therapy (ACT). This approach can help people recognise ways in which our attempts to avoid and control difficult feelings can impact on our capacity to lead a fulfilling life. It involves mindfulness practice, getting in touch with personal values and making a commitment to work towards personal goals based on these values. By doing this, many people experience a greater sense of wellbeing and fulfilment in life.

The ACT-BE-ME study aims to explore how young people experience the workbook, 'A Beginner's Guide to Mindfulness: Live in the moment' with weekly email guidance from a counselling psychologist in training.

Benefits of Taking Part

- ✓ You'll receive the free workbook to keep
- ✓ You'll have weekly supportive email contact with a counselling psychologist in training over 9 weeks
- ✓ You'll contribute to how the workbook may be made available for young people in the future

To find out more about what taking part involves, and see whether you're eligible to take part, email me, Nicola Ferreira, counselling psychologist in training, ferreirn@roehampton.ac.uk. I'd be happy to answer any questions you may have.