

Mindful Mental Health

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Synopsis

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The *Mindful Mental Health* course takes a specific look at how the practice of mindfulness can be used alongside other medical treatments and lifestyle changes to help sufferers of various mental health disorders.

The course starts by explaining the physiology of the mind and the definition of mental health and well-being, how and why issues arise, and how they are currently treated. The practice of mindfulness is then introduced; giving the history and theory behind the practical aspects of this type of self-help process, as well as why it is important to treat mental health problems in a holistic way, along with discussing how physical health and mental well-being are linked.

From this solid base, the course moves into teaching the basic first steps to mindfulness for mental health and progresses onwards, to talk about various mental health problems and how mindfulness can be used in each step of treatment: coping, recovery and long term management.

The *Mindful Mental Health* course concludes by teaching the importance and methods used to obtain a state of mindful awareness; aiding sufferer's ability to really know their mind and recognize destructive thoughts and patterns that exacerbate mental health problems and how to overcome these obstacles.

Reader's comments

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