

## Is this the right course and/or the right time for me to attend?

This course is not helpful or suitable for everyone. Below we outline some of the issues that we have found can limit or prevent people from benefitting from the course.

Of course, everyone's situation is different and you may wish to speak to the Course Lead (Chris Cullen; [chris.cullen@psych.ox.ac.uk](mailto:chris.cullen@psych.ox.ac.uk)) if after reading the information, you have any remaining concerns or questions about the suitability of the course for you. In some circumstances, we may suggest that you consider either waiting a term or two to take the course, or that you explore other options, including more specialist mindfulness-based programmes designed for people experiencing specific difficulties, or support from a GP or mental health professional.

If you are struggling with any of the issues described below, require support or need to speak to someone urgently, please refer to our [Information on Sources of Support](#).

### Current Severe Depression or Anxiety

If you are currently severely depressed or anxious to such an extent that it is difficult for you to manage your everyday life, it is probably not the right time for you to do the course. We know from experience that people coming on the course need to be reasonably well. The course involves some daily home practice and finding the motivation and energy to do this whilst feeling very depressed or anxious will probably be too challenging.

### Recent bereavement

If you are recently bereaved it may be helpful to have come to terms with some of the grief before starting an 8-week course. It can be difficult to recognise and work with pre-existing and more longstanding habits of mind when the bereavement is still very preoccupying.

### Insulin-dependent Diabetes

During periods of meditation the body may become relaxed and for some people, over time, meditation reduces stress. This may in turn have an effect on blood glucose and insulin requirements and may potentially result in a need for adjustments to patterns of insulin administration and dosage. We think it is important that you are aware of this, and encourage you to speak to your GP or healthcare professional if you have any concerns about taking part.

*If there are any details of your medical history or if there are any current challenges that you are facing that you feel might affect your participation, please feel free to discuss these with the Course Lead before the course, or with your course teacher throughout the course.*