



# QUARTERLY NEWSLETTER



Winter 2025

## A Warm Hello

A warm hello this December, and welcome to our very first Mindful Life Group newsletter! I'm genuinely glad you're reading this. When we started our programmes, our hope was simple: to create a calm, supportive space where people could pause, breathe, and feel a little more steady in the middle of everyday life. This quarterly newsletter is an extension of that intention. Every few months, we'll share news from our community, our favourite mindfulness articles and practical tools. I hope you find something here that feels helpful, grounding, or simply inspires you to practice mindfulness! Please let us know what you think, we're always happy to hear from you.

All the best, Adele and the Mindful Life Team

## Mark your Calendars!

27th Jan: [Mindfulness for Carers](#)

29th Jan: [Better Sleep for Carers](#)

5th March: [Blood Pressure Balance](#)

Click on the programme names to book

[www.the-mindful-life.com](http://www.the-mindful-life.com)

[www.facebook.com/TheMindfulLifeGroupCIC](http://www.facebook.com/TheMindfulLifeGroupCIC)

## From Our Community



Marion spent nearly 40 years in teaching, including 20 as a Headteacher, before retiring to enjoy walking, painting and gardening. After attending two Mindfulness for Later Life courses, which she found transformative, she continues to practise regularly with fellow participants. She is a valued member of our Advisory Panel, helping to shape our work for older adults.

Three words that best describe you  
Approachable, intuitive, good listener

One thing you wish you'd learned earlier in life?  
To accept myself rather than trying to be someone I thought other people wanted.

If you could choose a superpower, what would it be?  
The power to influence the environment

Best thing about mindfulness?  
The calm it can bring to your mind and body

Worst thing about mindfulness?  
Allowing time!

# Inspiration Corner

The Article

“Be Kind - It Could be Good for your Health”

<https://www.goodnewspost.co.uk/be-kind-it-could-be-good-for-your-health/>

Why we love it: It translates robust research into something deeply relatable: small, genuine acts of kindness can calm the nervous system and strengthen wellbeing for both giver and receiver.



## Did You Know...

...that Mindfulness was first delivered to help with Chronic Pain?

The Mindfulness-Based Stress Reduction (MBSR) program, developed by Jon Kabat-Zinn, was originally created for people living with chronic pain, and decades of experience show its effectiveness. Mindfulness builds resilience, reduces emotional suffering, and supports a kinder, steadier relationship with pain. For more information see: [Breathworks webpage](#)

## Closing Thought - Winter Solstice by Rebecca Parker

Perhaps  
for a moment  
the typewriters will stop clicking,  
the wheels stop rolling  
the computers desist from computing,  
and a hush will fall over the city.  
Let this be the time  
we wake to life,  
like spring wakes, in the moment  
of winter solstice.