Happiness is an Inside Job – Part 1

Thursday 20th May 2021 10am – 12 noon

Delivered via Zoom

Please register for the event on Eventbrite using the link:

https://www.eventbrite.co.uk/e/happiness-is-an-inside-job-part-1-tickets-150890873665

Is it possible to be happy even in the midst of a pandemic or are we doomed to be miserable?

Dr Maria Kee is a former consultant Psychiatrist and Cognitive Behaviour Therapist specialising in treating Trauma. After over twenty years in the NHS she left the NHS to focus on studying and delivering training in the field of positive psychology.

In this session, Maria will share the nuts and bolts of cognitive therapy and the tenets of positive psychology that may help you remain sane in our current insane world. The session will be as interactive as possible given the constraints of Zoom.

This session is part of the three part series but can also be attended as a standalone.

‘My Year of Living Mindfully’ Documentary Viewing & Discussion

Thursday 27th May- 10am- 12noon

Please register for the event on Eventbrite using the link:

https://www.eventbrite.co.uk/e/screening-and-discussion-a-year-of-living-mindfully-tickets-150892013073

In the midst of a global mental health crisis, millions of people have turned to mindfulness. But does it actually make us happier and healthier? In a world-first experiment, journalist Shannon Harvey recruited a team of scientists to put mindful meditation to the test. But what began as a year-long experiment soon became a life-changing experience.

Overwhelmed with insomnia and an incurable autoimmune disease, Shannon Harvey needed to make a change. But while the award-winning health journalist found plenty of recommendations on diet, sleep and exercise, when she looked for the equivalent of a 30-minute workout for her mental wellbeing, there was nothing.

Worried for the future mental health of her kids who were growing up amidst epidemics of stress, anxiety, depression and addiction, Shannon enlisted a team of scientists to put meditation to the test. Could learning to quiet our busy minds be the simple solution the world so desperately needs?

Throughout her year of living mindfully Shannon is poked, prodded, scanned and screened as she travels the world to interview 18 of the world’s leading mindfulness scientists and pioneers. But after a 30,000 kilometre journey from the bright lights of Manhattan to the dusty refugee camps of the Middle East, what begins as a self-experiment, transforms into a life-changing experience.

My Year of Living Mindfully is filled with compelling stories, ground breaking science, and unexpected insights that go to the heart of what it means to be human in the twenty-first century.

Join us on Zoom to watch the documentary and discuss with Dr Maria Kee the application of mindfulness in everyday life as we come out of lockdown.

Happiness is an Inside Job – Part 2

Thursday 3rd June 10am – 12noon

Delivered via Zoom

Please register for the event on Eventbrite using the link:

https://www.eventbrite.co.uk/e/happiness-is-an-inside-job-part-2-tickets-150894195601

If Happiness is an inside job, how do we go inside to find it?

Following on from the screening of the documentary, 'My Year of Living Mindfully' Dr Maria Kee, Former Consultant Psychiatrist and Cognitive Behaviour Therapist will share ideas from the field of cognitive behaviour therapy that can help everyone with the trials of everyday life. Having developed from behavioural and cognitive science Cognitive Behaviour Therapy has a strong evidence base in the treatment of mental health problems.

Newer models of CBT now incorporate ancient wisdom traditions through the power of mindfulness meditation. Neuroscience has demonstrated that our brains are not as hard wired as we previously thought; we have the potential to change the structure of our brains.

How can we harness this potential and create a better future? These ideas can be used not just to treat mental illness but to help ordinary people flourish in everyday life. Having survived a year of enforced changes to our routines, techniques for building resilience are necessary now more than ever.

These sessions can be completed individually or you can complete all three as part of a series.