



Global Mindfulness Summit

February 23rd







MINDFUL NATION UK

MINDFUL NATION UK





URGENT QUESTION
STEEL INDUSTRY
12:57 BERN WELLS 13:30

UNITED KINGDOM OF GREAT BRITAIN

Mindfulness in the UK Parliament

1. Context – the Mind in Public Policy
2. Mindfulness in the UK Parliament
3. Global Network of ‘Mindful’ Politicians



The mind in public policy



The
Mindfulness
Initiative

1.





2.

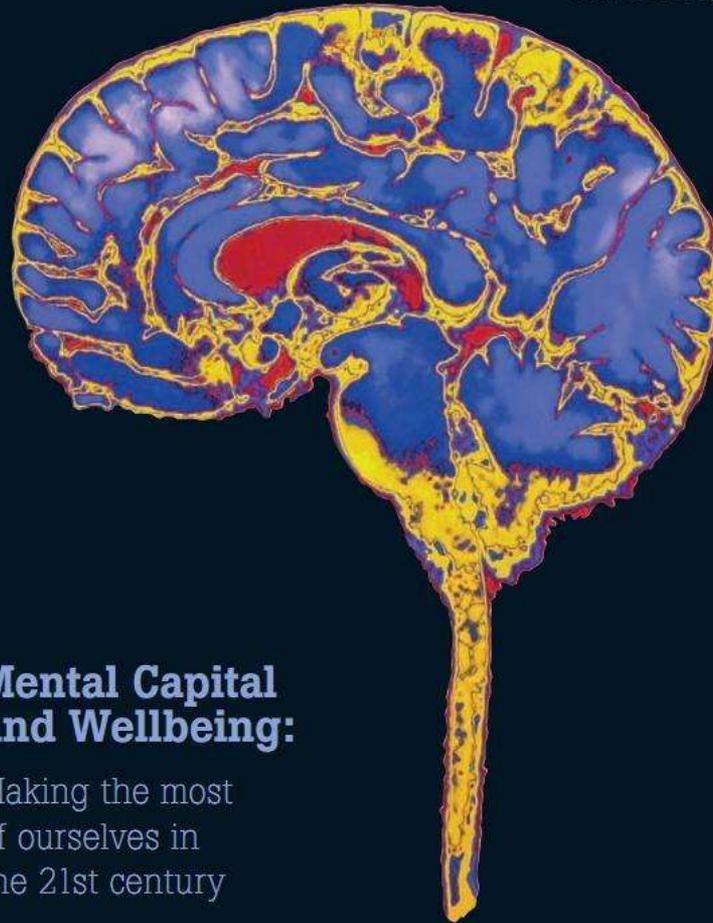


3.



Government
Office for
Science

••• Foresight



Mental Capital and Wellbeing:

Making the most
of ourselves in
the 21st century

FINAL PROJECT REPORT



4.





“Poor mental health, or poor wellbeing, is one of the barriers that stop young people achieving what they are capable of.

If we can tackle issues early, and stop them developing, then it is not just a good thing we do for that child, but also for society.”



Mindfulness in the UK Parliament



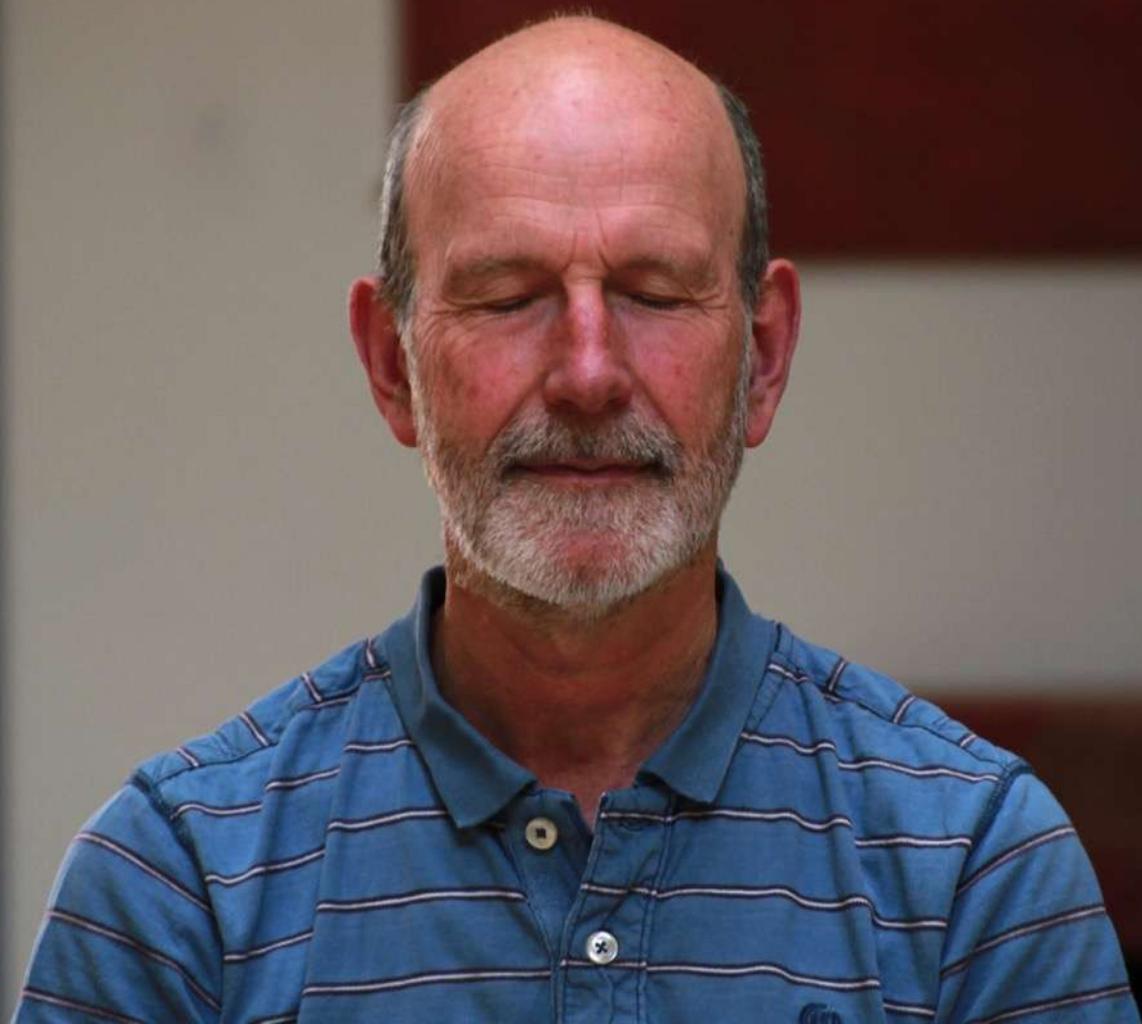
The
Mindfulness
Initiative





UNIVERSITY OF
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“In 2013, I was one of a host of MPs and peers who did a mindfulness course in Parliament. It was transformative.

These are gifts of the mind and the body which can and should be taught to all and the best time to learn these skills is at school.”

- Nic Dakin MP









MINDFUL NATION UK

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We therefore make the following key recommendations:

Health

We recommend that:

1. MBCT (Mindfulness-Based Cognitive Therapy) should be commissioned in the NHS in line with NICE guidelines so that it is available to the 580,000 adults⁹ each year who will be at risk of recurrent depression. As a first step, MBCT should be available to 15%⁹ of this group by 2020, a total of 87,000 each year. This should be conditional on standard outcome monitoring of the progress of those receiving help.
2. Funding should be made available through the Improving Access to Psychological Therapies training programme (IAPT) to train 100 MBCT teachers a year for the next five years to supply a total of 1,200¹⁰ MBCT teachers in the NHS by 2020 in order to fulfil recommendation one.
3. Those living with both a long-term physical health condition and a history of recurrent depression should be given access to MBCT, especially those people who do not want to take antidepressant medication. This will require assessment of mental health needs within physical health care services, and appropriate referral pathways being in place.
4. NICE should review the evidence for Mindfulness-Based Interventions (MBIs) in the treatment of irritable bowel syndrome, cancer and chronic pain when revising their treatment guidelines.

Education

We recommend that:

1. The Department for Education (DfE) should designate, as a first step, three teaching schools¹¹ to pioneer mindfulness teaching, co-ordinate and develop innovation, test models of replicability and scalability and disseminate best practice.
2. Given the DfE's interest in character and resilience (Character Education Grant programme), we propose a comparable Challenge Fund of £1 million a year to which schools can bid for the costs of training teachers in mindfulness.

Workplace

We recommend that:

1. The Department for Business, Innovation and Skills (BIS) should demonstrate leadership in working with employers to promote the use of mindfulness and develop an understanding of good practice.
2. We welcome the government's What Works Centre for Wellbeing, and urge it to commission, as a priority, pilot research studies on the role of mindfulness in the workplace, and to work with employers and university research centres to collaborate on high-quality studies to close the research gap.
3. Government departments should encourage the development of mindfulness programmes for staff in the public sector – in particular in health, education and criminal justice – to combat stress and improve organisational effectiveness. One initiative could be seed-funding for a pilot project in policing where we have encountered considerable interest.
4. The National Institute of Health Research should invite bids to research the use of mindfulness as an occupational health intervention and its effectiveness in addressing occupational mental health issues such as stress, work-related rumination, fatigue and disrupted sleep.

Criminal Justice System

We recommend that:

1. The NHS and the National Offender Management Service (NOMS) should work together to ensure the urgent implementation of NICE's recommended Mindfulness-Based Cognitive Therapy (MBCT) for recurrent depression within offender populations.
2. The Ministry of Justice (MOJ) and NOMS should fund a definitive randomised controlled trial of Mindfulness-Based Interventions (MBIs) amongst the UK's offender populations.

NICE National Institute for Health and Care Excellence

- 1 in 10 will experience major depression
- 80% chance of relapse after two episodes
- MBCT as effective as antidepressants at reducing recurrence
- 72% of GPs want to refer patients, but only 20% have access





Health

1. MBCT should be commissioned so that it is available to the 580,000 adults each year at risk of recurrent depression.
2. Funding should be made available to train 100 MBCT teachers a year for the next five years
3. Those living with both a long-term physical health condition and a history of depression should be given MBCT







Building the Case
for Mindfulness
in the Workplace
The Mindfulness Initiative

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Potential
Business Benefit



Workplace
Implementation

4. Workplace Implementation

In this section we set out to provide you with a simple guide to implementing mindfulness training in your organisation, from first steps right through to making it sustainable for the long-term.

This should help you to overcome some of the most frequently encountered problems with implementation, which often arise from:

1. Lack of robust scoping and planning at the outset of the programme;
2. Limited information to evaluate the wealth of available options for training;
3. No programme assessment, making it difficult to obtain ongoing funding;
4. Little consideration for maintaining positive impacts through encouraging regular practice and embedding mindfulness into core processes and behaviours.
 - In section 4.1 you will find guidance on how to get started
 - In section 4.2 you will find guidance on gaining organisational 'buy-in'
 - In section 4.3 you will find guidance on planning implementation and roll-out
 - In section 4.4 you will find guidance on measuring and evaluating the outcomes of your mindfulness programmes
 - In Section 4.5 you will find information on how to embed mindfulness into your organisation following its introduction

4.1 Getting started

4.1.1: Scoping and Planning

Initial considerations

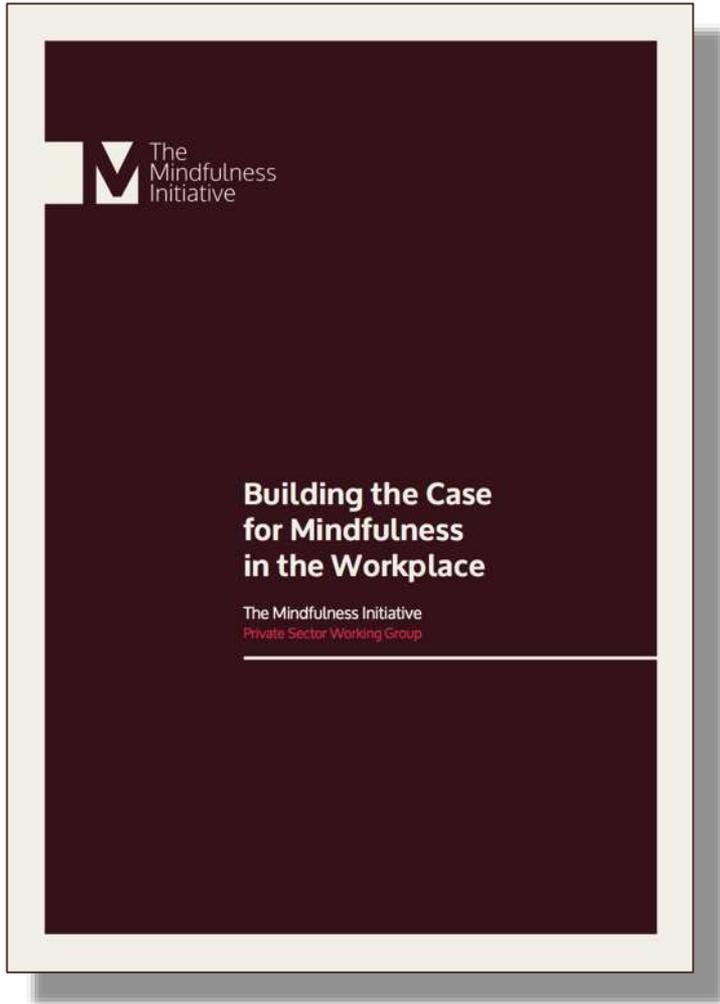
Mindfulness programmes need not be time-consuming or expensive. Indeed, many organisations choose to start out with low touch / low cost options while they experiment with mindfulness. Others choose to rely on in-house champions to establish grassroots support. Nonetheless, don't let enthusiasm drive you into action without appropriate planning and preparation: be clear from the outset what your goal is, how you will get there and what resources you need.

Some key areas to address when getting started:

1. Understand the culture of your organisation. Are you likely to be pushing at an open door? Or might the idea meet with some scepticism and challenge? Consider approaching some trusted colleagues who can help you understand likely reactions on the part of your organisation. Chapter 4.2.1 provides advice on how to deal with common myths and reactions to mindfulness.
2. Be clear on your objectives and their scope. Are you trying to make mindfulness practice available to people during their lunch time? Aspiring to make mindfulness part of your organisation's formal learning curriculum? Or even seeking to change working culture with mindfulness? In any case, understand what success looks like and keep to your parameters.



Forward



www.themindfulnessinitiative.org.uk/publications/building-the-case



A man with short brown hair, wearing a brown suit jacket over a white shirt, stands against a background of horizontal blue slats. He is looking slightly to the left of the camera with a neutral expression.

“I can see that [mindfulness] could act as a foundational proposition to a whole series of public policy interventions, over and above the obvious ones in terms of health...

The number of MPs and staff who have navigated towards this reflects its significance. It seems to be an area that more and more people are turning to as a whole approach to public policy making.”

- Jon Cruddas MP (Labour)

“We talk about mindfulness being helpful ‘out there’, but what about how mindfulness could help ‘in here’, in Parliament? What about mindful politics more generally?”

– Baroness Ruth Lister,
Member of the House
of Lords



A photograph of Tim Loughton MP, a middle-aged man with short, light-colored hair, wearing a dark suit, a light-colored shirt, and a patterned tie. He is looking slightly to his left with a serious expression. The background is dark and out of focus, showing other people in suits. A semi-transparent dark box is overlaid on the left side of the image, containing white text.

"There is an affinity amongst those who have been through this mindfulness course and a rather more considered approach to exchanges of differing views"

- Tim Loughton MP
(Conservative)
Former Government
Minister

Global Network of 'Mindful' Politicians



The
Mindfulness
Initiative





Winning Strategy
How Simple Practices
Enable You to
Improve Performance
and Grow Your Business
TOM MORAN
New York

AMERICA'S NATION 101



















Where to get the best trench coats

INSIDE TIMES2

Faith, burkinis and blockbusters

What Neil MacGregor did next

Cabinet split over May's plans for freeze on university fees

Rachel Sylvester, Alice Thomson
Sam Coates

Theresa May is facing a brutal cabinet battle over the future of university funding after her £2-billion promise to freeze student tuition fees ran into opposition.

The prime minister is set to clash with the education secretary and university

ministers after announcing at the Tory party conference that the maximum cost for courses would stay at £9,250 a year.

An investigation by *The Times* has revealed that a host of other cabinet ministers also have strongly differing views about how to fund universities, as the party tries to counter Jeremy Corbyn's popularity among young voters.

Conversations with dozens of minist-

ers and experts for a series about the university sector reveal a fundamental divide over the purpose of higher education and a battle over what to do next.

"Justice Greening [the education secretary] and Jo Johnson [the universities minister] were furious," a Whitehall source told *The Times*. "There are cost implications but that's not the only problem. The current policy is working

and we were actually in quite a good position before all this. The student loans repayment system is progressive and makes a lot of sense. Universities are one of our most successful exports."

There was widespread Tory disquiet over the cost of the move, put by the Institute for Fiscal Studies at £2.3 billion a year in the long term. Mrs May also announced that the income threshold

above which graduates start making repayments on their student loans would increase from £21,000 to £25,000.

A cabinet minister said: "Party conferences require announcements to be made and sometimes they leave you saddled with policy commitments that are not always entirely thought through." Mr Greening is understood to be

Continued on page 2, col 3

Traffic jam cost rises to £9bn a year

Cut motorway closure times, road chiefs told

Greene Pitsoe Transport Correspondent

Highways chiefs have been ordered to reduce the time taken to reopen motorways after accidents as figures showed that traffic jams cost the economy £9 billion a year.

The government has demanded improvements to the system used to clear carriageways following a spate of road closures that left drivers in tailbacks for up to eight hours.

Jose Norrman, the transport minister, has written to Highways England suggesting that sign makers could be employed as controllers to clear motorways of vehicles after closures, *The Times* has learnt. He also called for more effort to "bunk" after motorway caught up in delays, often without food and water.

Research published today "dickens" that there were more than 1.7 million jams on Britain's motorways and A roads in the past 12 months, equivalent to almost 1,700 every day. They cost the country £9 billion in wasted time, excess fuel and unnecessary carbon emissions, it was claimed, some assumptions about the number of people typically on the road for work reasons and petrol usage by average vehicles.

The study by the traffic data company Ibris found that the single worst jams over the past year cost almost £2.4 million. The incident on the northbound M5 near Weston-super-Mare, Somerset, on August 4 caused a 36-mile jam at its worst and took 15 hours to clear. It was caused when two lorries collided, spilling diesel on to the carriageway. Highways England had to clear two lanes to

reurface part of the road. Other big jams over the past year included three on the M1 and one on the A406 North Circular in London. They cost the economy between £12 million and £900,000 each, researchers said.

A separate study this year by Ibris found that Britain's roads, including those in town and city centres, were the most gridlocked in western Europe, with drivers spending an average of 32 hours a year stuck in traffic.

The findings, which rely on real-time data from millions of car GPS systems, have been underlined by the full closure of motorways twice last month over terrorism scares. On September 19 the M1 was shut for up to 14 hours near Northampton when a black plastic bag was found to be leaking yellow liquid, believed to be hydrochloric acid. Some motorists were stuck for eight hours. On September 21 the M1 in Hampshire was closed in both directions for almost 12 hours because of "potentially hazardous material" on the road.

The Ibris study judged a traffic jam to have taken place when the normal speed expected on a particular road fell by more than a third for at least two minutes. Highways England, the taxpayer-funded company that operates motorways and large A roads, defended its record. It said that it had met its target for the past two years to clear 85 per cent of incidents within an hour.

There are concerns, however, that more could have been done to clear traffic after the M1 and M3 incidents. A source at the Office of Rail and Road, the watchdog, said: "We expect



Monday 23/10/17 [http://www.thetimes.co.uk](#)

Monday 16 Mike Samwell and his wife, Jessica, in 2011. She told a court yesterday that the former Royal Navy officer had been run over twice as he tried to stop a thief who had broken into their Manchester home from taking their car. Page 15

Hour in bath each morning – how an MP begins work

Patrick Kidd

Some may say that politicians do little enough work as it is, with their summer recesses and non-sitting Fridays, but a conference in Westminster was told yesterday that the secret to better government lies in them doing even less.

One Tory backbencher advocates a long bath every day to cleanse the body and clear the mind. "I spend up to an hour in the bath every morning, just thinking about things," Tim Loughton, MP for East Wiltshire & Shoreham, said. "One of the greatest causes of stress in the world was the invention of the shower."

Whether it does much for domestic harmony depends on how many bathrooms you have — and Mr Loughton, 55, admitted that an hour of topping up the hot water was not cheap. He said that his 60-minute soak was essential for his mental wellbeing, however. "It's like going to the gym for the mind."

Mr Loughton, co-chairman of the all-party parliamentary group on mindfulness and a former shadow children's minister, was speaking at a day-long conference in which politicians and officials from 15 countries including Israel, Iceland and Sri Lanka explored how meditation and greater self-awareness can improve the conduct of politics. It came after MPs highlighted the scale of abuse levelled at them on social media.

Politicians were led yesterday in a meditation session by Jon Kabat-Zinn, an American described by Tracy Crouch, the sports minister, as "the godfather of mindfulness". He said that people are too busy and easily distracted. Training the mind to be more attentive, he added, would improve decision-making. Last month Dr Kabat-Zinn led 1,000 Canadians in a mindfulness session outside Parliament in Ottawa.

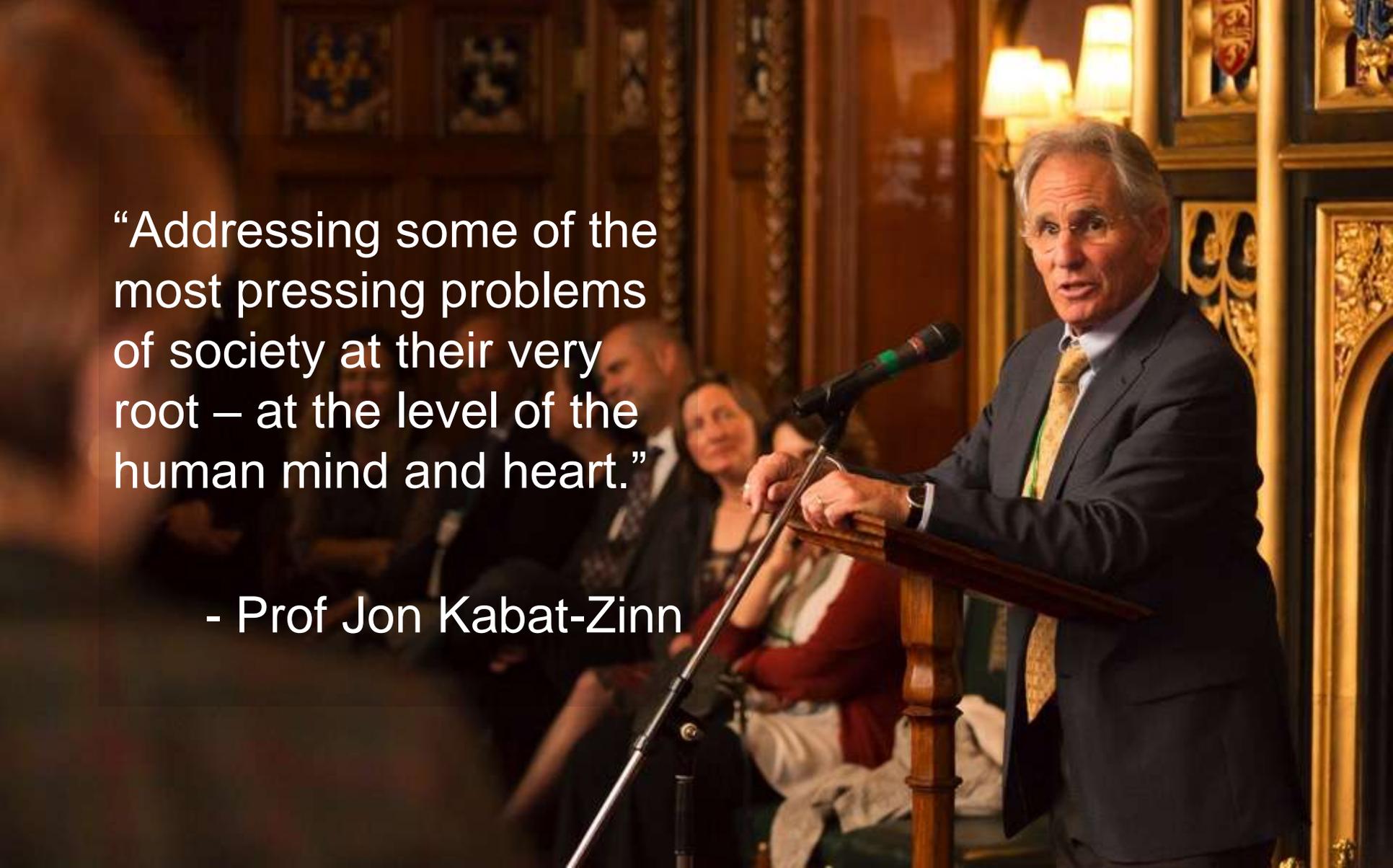
The conference was also addressed remotely by Tim Ryan, an Ohio congressman tipped to be a candidate for the Democratic nomination in the 2020 US presidential election, who said that meditation helps him to stay calm for when he reads Donald Trump's tweets. Political Sketch, pages 14-15

“People are losing their minds. That's what we need to wake up to”

Jon Kabat-Zinn on becoming the father of modern mindfulness



- +
- Cats in space! Animal statistics
- Arwa Mahdawi | @Arwa
- Size matters: Condom science.
- Base jumping: The movie

A photograph of Prof. Jon Kabat-Zinn speaking at a podium. He is an older man with grey hair, wearing a dark suit jacket, a light-colored shirt, and a patterned tie. He is standing behind a wooden podium with a microphone. The background is a dimly lit room with ornate wood paneling and a lamp. Several people are seated in the background, listening to the speaker.

“Addressing some of the most pressing problems of society at their very root – at the level of the human mind and heart.”

- Prof Jon Kabat-Zinn

Thank You!



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