

# Is mindfulness right for me, just now?

You may be wondering whether it is okay to learn mindfulness in the midst of challenging times. For example:

- "Can I learn mindfulness, if I'm feeling anxious, down or depressed?"
- "I have recently been bereaved."
- "I've just had a big break-up."

If you are struggling with different mental and emotional states, mindfulness can certainly support you. Whether it feels right for you just now is a matter for your own judgement, given the class setting.

If you are enrolled to learn mindfulness in a University course or workshop, you will be in the class with other students, possibly up to 15-20 people in the room. The class will include interactive exercises where you chat with others, as well as learning a secular meditation, in which you sit quietly in the group, possibly choosing to close your eyes. So please take a moment to decide for yourself how you would feel in this setting. At particularly intense or emotional times, for example following recent loss, a break-up or bereavement, you might feel too upset to be comfortable in this situation. If you think it likely you start feeling tearful in the group, this might not feel okay for you. On the other hand, you may find this setting manageable or even supportive.

## How to decide?

Take a moment to pause and check in with yourself. Ask yourself: "What feels right for me, just now?" Taking everything into account, "What feels manageable for me, this term?" You may have an instinct one way or the other. If so, then trust your instinct! You are the best person to decide. You can also talk it over with people who know you well.

Remember, you may be able to do the mindfulness courses in another term. And there are other resources out there to support you, such as the [University Counselling Service](#), your college nurse, counsellor, tutors and so on. If you do decide to enrol for the course, you will also have the support of your mindfulness teacher, who can be free before or after any class. Or you can talk over email during the course, in between sessions.

## Three steps for making a good decision:

- Give yourself permission not to do the course, and then see how it feels.
- Also give your permission to do the course, and then see how it feels.
- Just sit with the decision a little longer and see if you have that sense of "What feels right for me, just now".

Be patient! You may not have a strong sense of that straightaway, but over a couple of days, you might find the decision comes clear to you.