

## Appendix 8 – Laura's report

My thoughts on how Mindfulness has gone

After my whole experience of mindfulness, I feel like I'm more calm and confident in myself and in day to day life. It did make me feel more tired after each session that I'd done because it is so relaxing to do. I felt that each session I did was quite nerve wracking, especially the first time doing it (as it was new to me). Before I went in each session, I felt low and depressed because of things happening in my life. But it has really helped me; it has helped me feel more proud in all of the things I do, like my hairdressing course. My tutor Jayne has seen a huge improvement in my attitude towards people like usually I would not listen to anyone and get quite angry and frustrated a lot but now I find that I don't get angry and frustrated as much. I just tell the person and I remove myself from the situation which I find this a lot easier to do now.

I would give mindfulness 10/10.