



MindLight Meditation

Health and Safeguarding Policy

Cautions, Safeguards and Contra Indications

Whilst mindfulness and meditation are very safe practices there are some circumstances in which care must be taken. Each participant will be asked to complete a health form prior to taking part in a course, event or training. The purpose of this is to reveal any health conditions that may be contra indicated with mindfulness practice.

Should this be the case, this does not necessarily mean that they can't take part but some measures may need to be put in place to ensure their safety and comfort (i.e. a personalised risk assessment). In this instance I may need to contact the individual directly for a more in depth discussion.

It may also be necessary, in some instances, to request additional consent from your GP prior to allowing the individual to proceed with the event, course or training.

In very extreme cases the mindfulness practitioner may ask for consent to liaise with health or mental health professionals.

Participants are legally entitled to request a copy of any written communication of this kind (see our privacy policy)

Some of the specific health conditions would include:

Physical Health Conditions

Epilepsy – Mindful meditation is thought to cause heightened activity in the limbic areas of the brain (the area associated with epilepsy and seizures). As a result people who experience epilepsy are advised against entering a meditative state. However, this does not mean that they cannot take part in and practice the more informal aspects of mindfulness.

It is important that you consult your GP before attending a sound bath. The varying frequencies and vibrations used in sound therapy could potentially trigger a seizure in sensitive individual.

Asthma – Whilst there is a lot research evidence to show that Mindful Meditation can actually help prevent asthma caused by stress, however, many people with asthma or breathing difficulties do not enjoy the sensation of focussing on their breath. This does not mean that people with this condition are excluded from taking part. There are alternative anchors that can be employed.

It is not recommended for people with severe asthma to carry out meditations that alter the natural flow of their breath in any way, however, informal mindful activities are still suitable. You are advised to bring any asthma medication you may have to your sessions.

COPD – As above.

Pregnancy - It is not advisable to participate in any sound healing activities during any stage of pregnancy. It could harm baby's development and hearing.

Heart problems and Pacemakers -Those with a pacemaker and conditions such as heart arrhythmias, hypertension or other heart issues should be particularly cautious as vibrations can affect heart rate and blood pressure.

Mental Illness

Mindfulness Meditation is not considered suitable for . . .

- Anyone currently experiencing an active episode of severe depression for which they are receiving treatment.
- Anyone with suicidal thoughts.
- Anyone experiencing psychosis.
- Anyone experiencing bipolar disorder.
- Anyone experiencing dissociative disorders.

Sound Baths

Those people living with mental health conditions such as schizophrenia, psychosis or PTSD, may experience overwhelm due to the intensiveness of the sensory experience.

Privacy

Please be assured that all the information provided in the participant information and health forms in this form and during the course will be kept in a secure place and will only be accessed by myself.

The information you provide in the contract of services will be kept for a period of 3 years in accordance with insurance requirements after which it will be destroyed.

All participants are legally entitled to ask for a copy of any information we hold about you.

There are a few legal circumstances in which we can share this information with another party, this includes:

- If anyone discloses to me that they have broken the law.
- If I feel that anyone is a danger to themselves (in this instance I would first urge them to consult with their GP)
- If I feel that anyone might endanger others.

Confidentiality

Mindfulness and particularly meditation, can on occasion, bring up some personal issues that people may want to release. Participants should ensure that they only share personal information they are comfortable for others to know about. We request that participants practice confidentiality and do not discuss any personal information that may arise outside of the session.

Covid

If any of the participants suspect they may have Covid-19 at the time of their event, it might be wise for them not to attend. This also includes the Facilitator. Should this occur arrangements would be made for the courses, training or event to be held at the earliest possible date available after the event was due to take place.