



# 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.

**Asthma** – Whilst there is a lot research evidence to show that Mindful Meditation can actually help prevent asthma caused by stress, 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. 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.

**COPD** – As above.

## **Mental Illness**

Mindfulness Meditation is considered not suitable for those . . .

- Currently experiencing an 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.

## **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.