

# Mindfulness: Practicing human connection

Dr Sally Rose – May 25

Penelope Aspinall

Jonathan's Voice

[www.jonathansvoice.org.uk](http://www.jonathansvoice.org.uk)

Registered Charity 1180424



**Jonathan's Voice**  
Speaking out for mental health

# Self-care during delivery

If anything raises any distressing issues for you, please take care of yourself during and after in whichever way suits you.



**Jonathan's Voice**  
Speaking out for mental health

# Introduction to Jonathan's Voice



Jonathan was a patent attorney in Bristol. On the outside, life appeared to be going well. But a month after his 35th birthday he tragically took his own life on 30th October 2017. An “out of the blue” suicide. Sadly, he had been masking his mental health struggles very, very well.

**Shortly after this tragic event his family founded Jonathan's Voice, now a registered charity, to promote better mental health in the workplace.**



# Our Mission

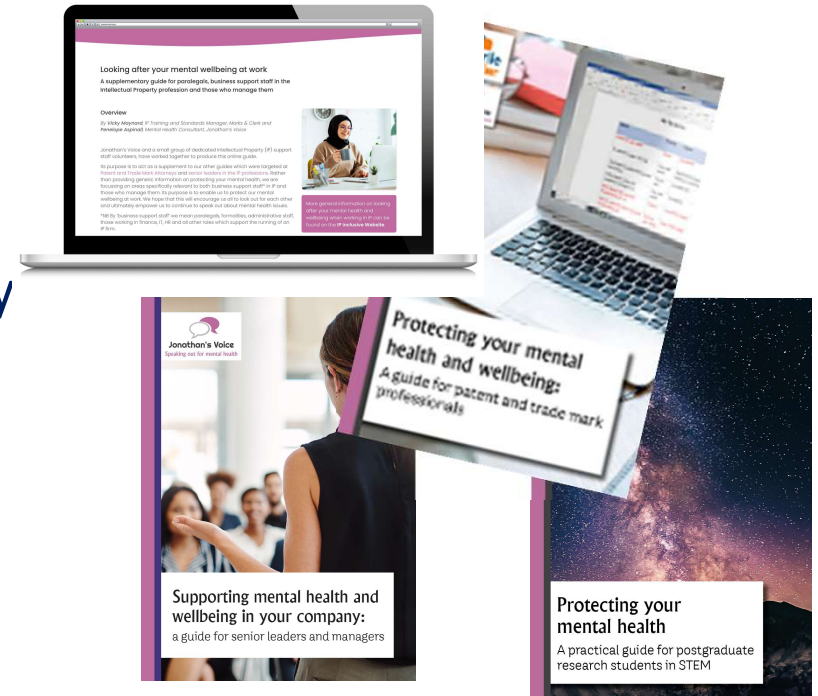
- ▶ To open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health so all may thrive.
- ▶ Most importantly, we want to break down the stigma which prevents people from opening up about their mental health and give people the skills and confidence to know how to respond.



**Jonathan's Voice**  
Speaking out for mental health

# What do we do?

- ▶ Focus on the staff working in intellectual property sector and associated professions.
- ▶ We work alongside professional institutions and individual firms to help develop mentally healthy workplaces where all may thrive.
- ▶ We provide workshops, webinars and resources.
- ▶ As a charity, we can offer these free at the point of delivery but rely on fundraising and donations
- ▶ We also fund vital research into better understanding of male suicide and preventative steps.



All available to  
download free of  
charge from  
[www.jonathansvoice.org.uk](http://www.jonathansvoice.org.uk)





# Mindfulness: practicing human connection

Hello

Here we all are

Human beings

Human minds

Human bodies

Human joys and human sufferings



# Mindfulness: is about attending and connecting

- ▶ Working with Intention, Attention and Attitude (Shauna Shapiro)
- ▶ My experience is what I agree to attend to (William James)
- ▶ A relational practice – how we attend and meet/relate to our experience (Dan Siegel)
- ▶ Regulatory effects on the nervous system and stress (Stephen Porges)
- ▶ Spans across self to others and the space we inhabit



# Practicing connecting to our humanness

- ▶ Connecting with ourselves
- ▶ Connecting with our physical environment



- ▶ Connecting with others and our social world
- ▶ Safe self and social connection
- ▶ Sense of common humanity





# Mindfulness: practicing human connection

Here we all are

Human beings

Human minds

Human bodies

Human joys and human sufferings



# Where to get help

- ▶ Your GP or practice nurse, especially if you have physical symptoms that need checking out; in a crisis call 111, 999 or go to A & E
- ▶ Hub of hope <https://hubofhope.co.uk/>
- ▶ Your line manager, supervisor or colleague
- ▶ Human Resources
- ▶ Mental Health First Aider or Mental Health champion
- ▶ Employee Assistance Programme, if you have one
- ▶ For student members of CIPA, there's also the Informals' MHFAer support line via [informalswelfare@gmail.com](mailto:informalswelfare@gmail.com)  
(see <https://yellowsheet.wordpress.com/access-to-mental-health-first-aiders-and-support-helplines/>).
- ▶ LawCare <https://www.lawcare.org.uk/> 0800 279 6888
- ▶ Samaritans <https://www.samaritans.org/> 116 123
- ▶ Calmzone <https://www.thecalmzone.net/> 0800 585858



**Jonathan's Voice**  
Speaking out for mental health

# Find out more about us

- ▶ **Visit our website:** [www.jonathansvoice.org.uk](http://www.jonathansvoice.org.uk)
- ▶ **Email us:** [info@jonathansvoice.org.uk](mailto:info@jonathansvoice.org.uk)
- ▶ **Follow us on LinkedIn**  
<https://uk.linkedin.com/company/jonathan-s-voice>
- ▶ **Resources free to download from:**  
<https://jonathansvoice.org.uk/resources-2>
- ▶ **Training and consultancy offer:**  
<https://jonathansvoice.org.uk/training-and-consultancy>
- ▶ **Donate:** <https://jonathansvoice.org.uk/donate>



Donate via PayPal