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

# Mindfulness: Beginning with Being

Dr Sally Rose 29<sup>th</sup> April 2026

Donna Smith

Jonathan's Voice

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

Registered Charity 1180424



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# 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.



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# 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

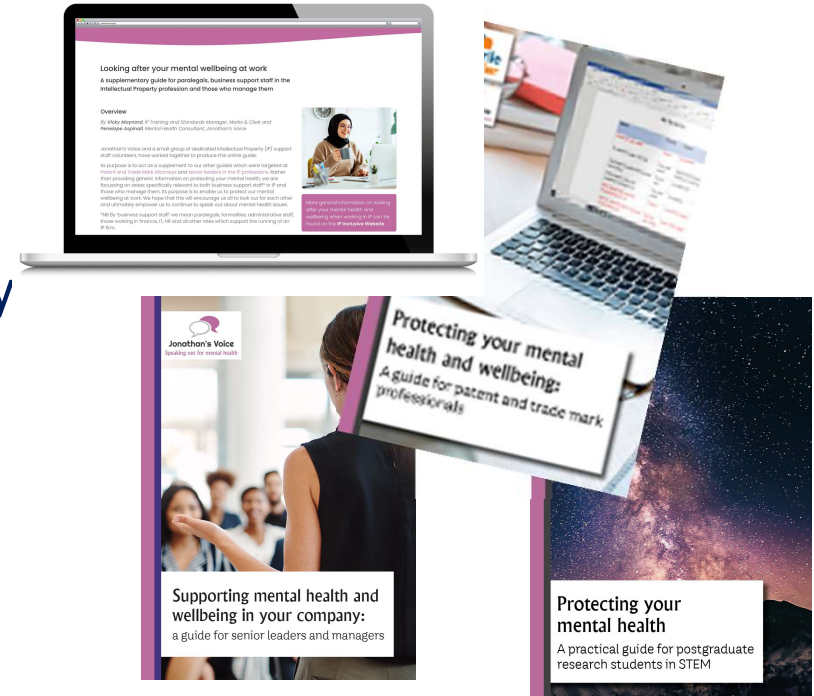
- ▶ To open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health so all may thrive.
- ▶ Most importantly, we want to break down the stigma which prevents people from opening up about their mental health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



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# 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: Beginning with Being

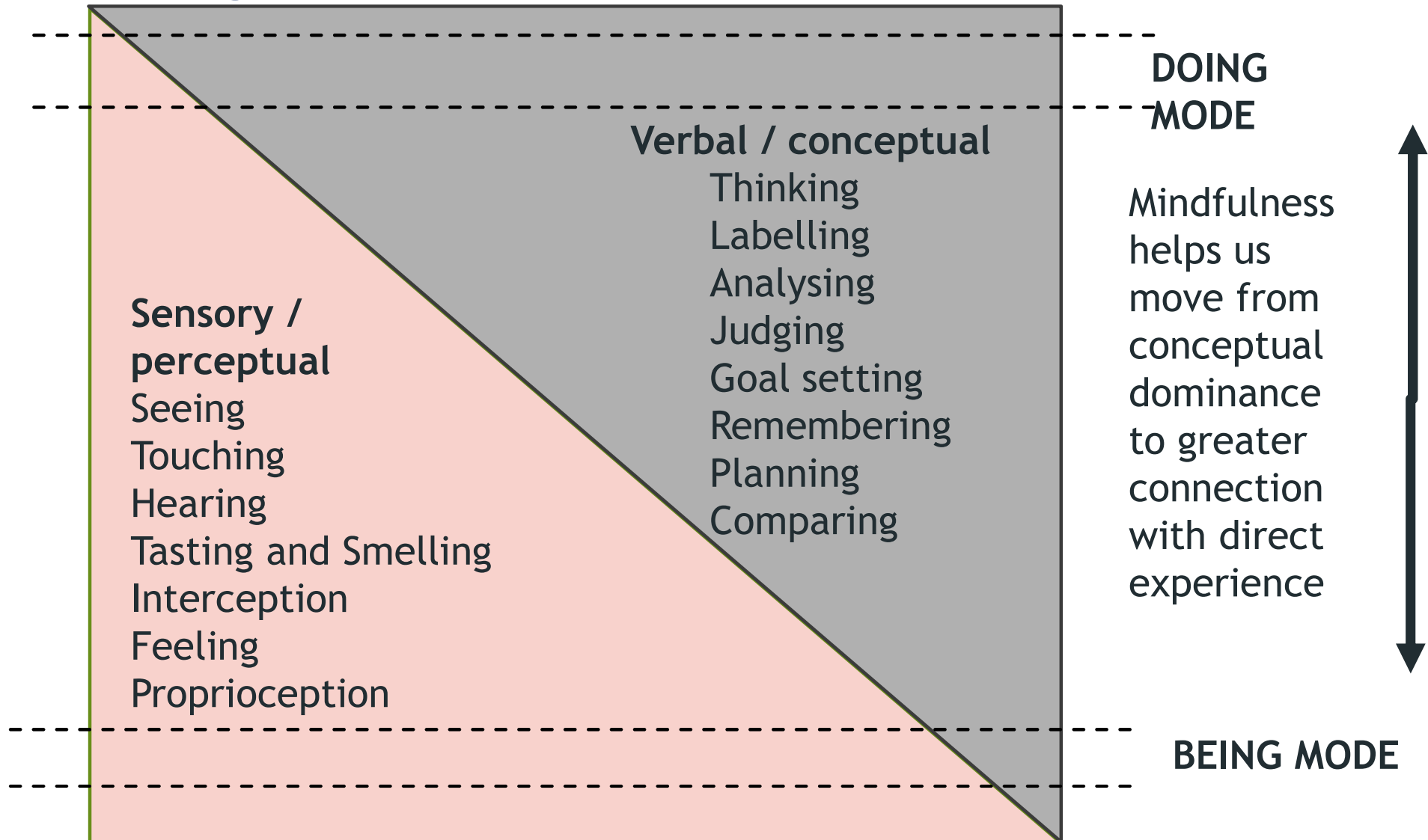
Stress awareness month – ‘Be the change’ - it’s all about proactivity and being the change we want

Here, we will concentrate on mindfulness or ‘active intentional being’ as a foundation for the change we want in our lives

A calmer and more collected mind is of value for itself. It can also provide a stable springboard for making simple small choices in the moment as well as bigger more challenging changes in our lives



# Mindfulness and the Being and Doing Modes of Mind





# Practicing Being for a change

## Experiencing the different modes

- ▶ Coming to our senses – finding a comfortable anchor
- ▶ Connecting with our embodied experience
- ▶ Observing the pull to thinking and commentary

## Playing a more active part

- ▶ Directing attention
- ▶ Knowing that you can move back to being and collect yourself
- ▶ Building familiarity and greater ease with feeling and being



# Mindful being as a basis for choices and change

- Know your values – what really matters
- Practice active presence as the position from which to explore choices and change. The present moment is the only moment we have to make and enact a choice
- Direct your attention to what matters
- Do what matters even if it is difficult



# Where to get help

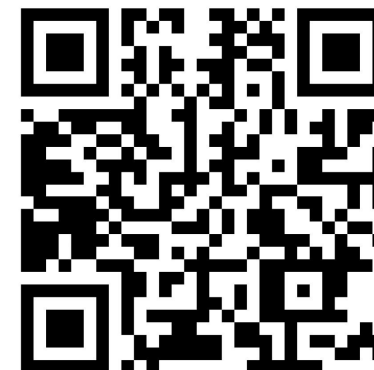
- ▶ Your GP or practice nurse, especially if you have physical symptoms that need checking out; in a crisis call 111, 999 or go to A & E
- ▶ Hub of hope <https://hubofhope.co.uk/>
- ▶ Your line manager, supervisor or colleague
- ▶ Human Resources
- ▶ Mental Health First Aider or Mental Health champion
- ▶ 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



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# 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)
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