

Cautions, Safeguarding & Contraindications

Informed by Mindfulness Now (UK College of Mindfulness Meditation) and the Oxford Mindfulness Centre (University of Oxford)

Mindfulness is widely recognised as a **safe and beneficial practice** that can support wellbeing, focus, and emotional regulation. However, as with any wellbeing approach, there are important considerations to ensure it is appropriate for each individual.

Participation in all sessions is **voluntary**. Parents/carers and participants are responsible for informing the teacher at **Anchor and Bounce Wellbeing and Education** of any **medical, emotional, or physical conditions** prior to the start of the course. This enables appropriate support and adaptations to be made where possible.

Key Considerations

Serious mental health conditions

Mindfulness practices are not generally recommended for individuals experiencing **psychotic conditions** (e.g. psychosis), unless participation is supported and guided by a **relevant medical professional**, such as a psychiatrist.

Epilepsy

In some cases, relaxation practices may act as a trigger for seizures. Participants with epilepsy should:

- Seek advice from a **medical professional** before taking part
- Inform the course leader in advance

Asthma

Certain practices involve **awareness of breathing**, which may feel uncomfortable for some individuals with asthma. Participants are advised to:

- Keep a **working inhaler accessible at all times**
- Adjust or opt out of any practice as needed
- Seek medical advice if unsure

A more individualised (e.g. 1:1) approach may be considered where appropriate.

Physical movement

Sessions may include **gentle movement or stretching**, which is always optional. Participants should:

- Move only within their **own comfort and capability**
- Stop immediately if they experience pain or discomfort
- Seek medical advice if unsure about participation

Anxiety and depression

Mindfulness can be supportive for many individuals; however, those experiencing **severe anxiety or depression** are encouraged to:

- Seek guidance from a **qualified medical professional** prior to participation
- Communicate any concerns with the course leader

Participant Responsibility

Participants are encouraged to:

- Take part at a level that feels **safe and manageable**
- Stop any activity that causes discomfort
- Communicate openly with the course leader where needed

Agreement

By signing the **Terms and Conditions**, you confirm that you have **read, understood, and agree to the information outlined in this document**. You also accept responsibility for **sharing this information with any relevant individuals** (including the child participating, parents/carers, and school staff where appropriate), and for ensuring that any relevant medical or wellbeing information has been disclosed.

Further Information

For further information on mindfulness and safety, please refer to:

[Is mindfulness for me? | Oxford Mindfulness](#)