

THE **PROMISE** STUDY: **PR**edictors **Of** **MI**ndfulness-based
Self-help **E**ngagement

Are You Interested In Learning to Practice Mindfulness?

Researchers at the University of Sussex would like to invite **NHS STAFF** to take part in an online study investigating the effects of mindfulness mediation, provided by the well-known course, **Headspace**.



“Research has shown that mindfulness can **improve wellbeing** and **reduce levels of work-related stress**.”

“By taking part in this study you will receive a **free annual subscription to Headspace, worth £71.88!** You will also have the opportunity to be entered into a prize draw to **WIN one of five £50 Amazon Vouchers**.”



“**For more info or to participate, use the link/QR code below**”:
bit.ly/PROMISESTUDY

