

The Heartfulness Project

Do you suffer from Stage 1 or 2 Heart Failure?

Dr Tamara Russell and the research team at King's College London are investigating how mindful movement can help to improve physical and mental health, in those experiencing heart failure.

The project will evaluate a novel mindful movement and compassion-based intervention in promoting peace and calmness and providing tools to cope with stress, anxiety and depression. The intervention has been co-designed by someone with experience of heart failure who has ensured that the content is suitable and helpful for those facing this challenge.

Drawing on the evidence base for the benefits of mindfulness and compassion for mental and physical well-being, as well as the research pointing to benefits for cardiac, general and mental health from tai chi, this 11-week training will provide support for body and mind.

This is an adaptable form of intervention to help build your own mindfulness practice, with the resources you have, in a way that fits your life.

Below please find a link of Tamara Russell discussing the intervention

<https://www.youtube.com/watch?v=a-3D7sGvGrc>

To find out more please contact the research team:

Tara Flynn
Tara.flynn@kcl.ac.uk

Ceri McCorry
Ceri.mccorry@kcl.ac.uk

Or please call us on 07713162591.