Is this the right class for me and the right time for me to be taking it?

The six week Mindful Awareness Practices (MAPs) class we offer at UC Davis is aimed at the general public and is not helpful or suitable for everyone. Below is an outline of some of the issues that we have found can limit or prevent people from benefitting from this class. We encourage you to speak with your healthcare provider to discuss any concerns or questions about the suitability of the class for you.

- **Have you experienced a manic or hypomaniac episode or engaged in deliberate self-harming or had suicidal thoughts in the past year?**
  
  This class is not suitable for you if you have experienced a manic or hypomaniac episode, engaged in deliberate self-harming (e.g., cutting) or had suicidal thoughts in the past year. It isn’t that mindfulness will not be helpful for people with these conditions – but it would need to be delivered in a clinical context – which this class is not. If you are feeling suicidal please contact your healthcare provider or a mental health professional. We are unable to give specific advice or support to those with individual mental health problems. For further assistance with mental health concerns, please know that the Academic Staff Assistance Program (Davis: 530-752-2727; Sacramento: 916-734-2727) is a free resource available to UC Davis Staff and Faculty. In case of a life threatening emergency, please call 911 or go to the nearest emergency room.

- **Have you ever experienced a traumatic event which is currently affecting you?**
  
  If you have experienced a traumatic event which is currently affecting you, this class is not suitable for you. It isn’t that mindfulness can’t be helpful for people who have experienced trauma – however the appropriateness and the timeliness would need to be assessed by your mental health professional and the mindfulness based intervention would need to take place within a clinical setting – which this class is not.

- **Are you currently using alcohol or drugs?**
  
  Practicing mindfulness through attendance at a 6 week MAPs class involves completion of up to 20 minutes of daily home meditation practice and other activities and it is essential that this practice take place when your consciousness is not impaired. If you are drinking alcohol or using recreational drugs, please consider carefully whether you will be able to find time each day to complete your practice when you are not under the influence of alcohol, recreational drugs or their after effects. If this is likely to be
difficult for you then the MAPs class will **not be suitable** for you at this time. *Please note: This guideline does not apply to the use of prescription medication for the treatment of psychological or medical conditions. If you are taking medications for the treatment of psychological or medical conditions, please continue as prescribed by your healthcare provider.*

☐ **Are you currently experiencing depression?**

If you are currently depressed and it is difficult for you to manage your everyday life, this is **not the right time** for you to take this class. We know from experience that people coming to this class need to be reasonably well. The class involves some daily home practice and finding the motivation and energy to do this whilst feeling depressed will probably be too challenging.

☐ **Have you experienced bereavement in the past year?**

If you have experienced the loss of a significant person in your life, in the past year, and have not worked through the grief process, this course is **not suitable** for you at this time. It can be difficult to learn and apply the mindfulness skills and work with the habits of the mind, when the bereavement is still preoccupying.

☐ **Are you currently receiving any psychiatric or psychological treatments?**

If you are currently undergoing psychological treatment – e.g., psychotherapy; psychotropic medications - please carefully consider, in consultation with your mental health care provider, whether it is appropriate and the right time for you to be taking the MAPs class. While MAPs is not a form of therapy – it does require a big time commitment.

☐ **Are there any current life changes (change of job, job loss, loss of home, moving, relationship difficulties, too many work commitments, etc) that maybe putting you under additional stress?**

Taking a MAPs class involves being able to devote a considerable amount of time and energy. If there is too much going on in your life right now, this is **not the right time** for you to take this class.

☐ **Are you taking insulin for Diabetes?**

During periods of meditation, the body may become relaxed and for some people, over time, meditation reduces stress. This may in turn have an effect on blood glucose and insulin requirements and may potentially result in a need for adjustments to insulin administration and dosage. If you are taking insulin for diabetes, please let your healthcare provider know that you are taking this class and discuss this possibility with them.