

## **Mindfulness and stroke**

Mindfulness is a promising, evidence-based approach for enhancing wellbeing in people with a broad range of health conditions. Recently it has been applied to a range of neurological conditions although there is little evidence on how to adapt or tailor it for people with such conditions. The possibility of adverse effects is largely ignored in the literature to date. In this presentation we will briefly consider the research on mindfulness for people after stroke and then report our preliminary qualitative findings on providing individual mindfulness training for 16 stroke survivors in Auckland. These results are from an HRC funded feasibility study of mindfulness after stroke.