

# Ealing – Guided meditation for wellbeing

## BACKGROUND

Social prescribing in Ealing is delivered by the Ealing GP Federation. Corina Pall is one of four link workers employed by the Federation and covers nine GP practices accepting referrals from GPs and other healthcare professionals for clients experiencing mild anxiety and depression. However, since the pandemic hit, many of the referrals began presenting with more complex mental health issues and lots of severe anxiety, with some clients unable to leave the house, despite not falling into the shielding category.

Corina has used her background in coaching and meditation to support clients to manage their anxiety and find ways of relaxing. She uses a range of techniques to support clients and has seen deep impact in the way they respond to guided meditation in sessions. Click [here](#) to see short videos produced by Corina.

## THE APPROACH

Corina spends the first couple of sessions with clients listening to their anxieties and talking over their worries. For those who she feels might benefit, she will offer a guided meditation. This involves focusing on their breath and how it anchors their sensations, developing awareness of their body and how they can become present in the moment. This enables the client to relax and can also open up more options for them through 'clearing the fog'.

## EXAMPLE FROM PRACTICE

One elderly client had lost her appetite and began to lose a lot of weight. Through guided meditation in the social prescribing session, particularly focused on this loss of appetite, the client gained motivation and stopped feeling indigestion after eating. At their next session, she reported having been able to eat her favourite breakfast!

## EXAMPLE FROM PRACTICE

A client came to Corina not being able to even go to the end of her road. With the use of guided meditation facilitated by Corina, she went from a place of almost total isolation to a place where her anxieties had been relieved to the extent where she can now work one day a week from her office.

## THE OUTCOME

For Corina, the deepest impact in her work is the use of active listening in which her clients tell her they feel heard, seen and acknowledged. She is most proud of creating space for clients to reflect and relax in this way and seeing the impact on her clients motivates her in her role.

“It’s been a real privilege to be able to work in this way with my clients and see the progress they’ve made through this approach

- Corina Pall, Social Prescribing Link Worker

## RESOURCES

### Ealing GP Federation

For more information on the work of Ealing GP Federation, click [here](#).

### Mindfulness

For NHS information on mindfulness, click [here](#).

### Mental Health Foundation

For Mental Health Foundation resources and information on mindfulness, click [here](#).

### London Case Studies Database

For more case studies and great examples of best practice, click [here](#).

### London Social Prescribing Toolkit

Join the FutureNHS Collaboration platform, click [here](#).

### London Social Prescribing Film Series

Watch inspiring films with Social Prescribing colleagues from across London sharing their experiences, ways of working and how they support their communities, click [here](#).

## CASE STUDY CONTACT

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## ABOUT THIS DOCUMENT

This case study has been produced by the [Bromley by Bow Centre](#) and [Healthy London Partnership](#) who are working together to support the development of social prescribing in London. For more information or to put forward your scheme as a potential case study, please contact [hlp.socialprescribing@nhs.net](mailto:hlp.socialprescribing@nhs.net)