

MINDFULNESS

Based Stress Reduction Program



Stress is a normal part of everyday life. The current amount of physical, mental and social stress many are experiencing in U.S. society, however, is *not normal*.

Research confirms that unrelenting chronic stress can eventually exhaust the body, overwhelm the brain and predictably lead otherwise healthy individuals to a less functional depleted state.

What is Mindfulness?

Mindfulness is a way of learning to pay attention in a sustained and particular way, on purpose, in the present moment to whatever is happening in your life. Learn how to actively engage in and improve your ability to take better care of your own health and well-being and discover peace of mind, a sense of balance, and the ability to manage and enjoy life on a day to day basis. Learn how to explore your physical, mental and emotional experiences and how they're connected. Learn how to work with stress, anxiety, pain, illness and everyday challenges in a new way. Learn how to develop and strengthen inner resources for coping, growing, and healing.

This 8-week course will provide:

- * Guided instruction in mindfulness meditation practices.
- * Gentle stretching and mindful yoga
- * Group dialogue and mindful communication exercises

Who this program can help –

Individuals who are experiencing:

- * **Stress**—personal, work, school, family, illness, grief, financial, etc.
- * **Psychological/emotional distress** including anxiety, depression or panic
- * **Medical conditions** such as chronic pain or fatigue, high blood pressure, fibromyalgia, heart disease, asthma, sleep disturbances, irritable bowel syndrome, etc.
- * **A feeling of being “out of control” or “out of balance.”**

Morning Session

Location: Davis Behavioral Health
934 South Main Street, Layton

Time: 9:30 to noon

Dates: **Orientation:** Tuesday, September 18th

Class: Sept 25, Oct 2, 9, 16, 23, 30, Nov 6, 13

All-Day: Saturday, November 3 (9-4)

Evening Session

Location: Vista Education Campus
97 South 200 East, Farmington

Time: 6:30 to 9:30pm

Dates: **Orientation:** Wednesday, September 19th

Class: Sept 26, Oct 3, 10, 17, 24, 30, Nov 7, 14

All-Day: Saturday, November 3rd (9-4)

To Register: dbhprevention.org/mbsr
Or, contact Angie Smith 801-773-7060

Background of Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) was developed in 1979 by Jon Kabat-Zinn at the Center of Mindfulness, University of Massachusetts Medical School. Kabat-Zinn's research between 1979 and 2002 focused on mind/body interactions for healing; on various clinical applications of mindfulness meditation training for people with chronic pain and/or stress-related disorders; on the effects of MBSR on the brain and how it processes emotions, particularly under stress, and on the immune system. <http://www.omega.org/workshops/teachers/jon-kabat-zinn>

Originally, Jon began his work with chronic pain patients who weren't responding to other medical management efforts. He started noticing a pattern with these patients: namely- they were avoiding, fighting and bracing against the pain. Jon began experimenting with what would happen if they stopped the fighting – and started relating to the pain in a fundamentally different way.

What he discovered surprised the entire medical community: levels of pain that had remained for years...significantly decreased. In study after study, the same pattern was confirmed. After so much success in working with physical pain, Kabat-Zinn began applying this approach to depression and anxiety. Once again, they were surprised with the results that emerged. As individuals learned to relate to distressing thoughts and feelings differently, they found these “unrelenting thoughts” losing much of their disruptive power.

What is Mindfulness?

As stated by the University of Massachusetts Center for Mindfulness, “Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you — consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.

In contrast, you've probably encountered moments of ‘mindlessness’ — a loss of awareness resulting in forgetfulness, separation from self, and a sense of living mechanically. Restoring within yourself a balanced sense of health and well-being requires **increased awareness** of all aspects of self, including body and mind, heart and soul. Mindfulness-based stress reduction is intended to ignite this inner capacity and infuse your life with awareness.”

From the perspective of this class, “there is more right with you than wrong with you, no matter what's wrong with you.”

How can Mindfulness benefit me?

Stress is a normal part of everyday life. The current amount of physical, mental and social stress many are experiencing in U.S. society, however, is *not normal*. We practice mindfulness so that we can learn to relate to our stress in a new, healthier way. The practice of mindfulness is a radical shift to embracing and accepting who we are - completely, non-judgmentally, with love and compassion.

Two decades of published research by the Center for Mindfulness indicates that the majority of people who complete the MBSR course report:

- Lasting decreases in physical and psychological symptoms
- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- Greater energy and enthusiasm for life
- Improved self-esteem
- An ability to cope more effectively with both short and long-term stressful situations.

How is the MBSR program structured?

The MBSR program consists of eight weekly 2.5 hour classes and one daylong class. It includes guided instruction in mindfulness meditation and mindful yoga practices, small and large group discussions, exercises to enhance awareness in everyday life, methods for improving communication, and daily mindfulness home practice assignments lasting from 45 minutes to an hour. Participants are given readings, mindfulness CDs, and a workbook to facilitate their daily practice.

MBSR Instructors

Jacob Hess received his Ph.D. in clinical-community psychology at the University of Illinois. Debi Todd received her M.S. in psychology at Utah State University. Jacob and Debi participated in Jon Kabat-Zinn's professional training and have continued on the educational path towards certification. They will be consulting with Vicki Kennedy Overfelt, who is a certified MBSR instructor, during the class. With questions, contact Jacob Hess at jzhess@gmail.com (801-712-1346) or Debi Todd at debit@dbhutah.org (801-773-7060)