Mindfulness Based Stress Reduction (MBSR)

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Mindfulness Based Stress Reduction (MBSR)

• An 8 week, evidence-based program offering secular mindfulness training
• Developed by John Kabat-Zinn starting in 1979 at University of Massachusetts Medical Center
• Uses a combination of Body Scan, Mindful Movement (Yoga), and Meditation
• Impressive research history supporting its potential benefits for mind and body
Mindfulness

• Intentional awareness of the present moment
• Without judgement
• Without attachment
• With kindness
Body Scan

• Sweep through the body with the mind
• Bring an affectionate, openhearted, attention to its various regions
• Be open to the give-and-take in the reciprocity between sensations themselves and our awareness of them.
You are doing mindfulness correctly if...

• You are distracted
• You are still distracted
• You find it a challenge to defuse judgement
• You notice moments of noticing the here and now
• You experience both the unpleasant and the pleasant in the here and now
• You kindly celebrate noticing the here and now
Mindful Movement (Yoga)

• Move and adopt postures intentionally
• Pay full attention from moment to moment
• Explore the boundary of what your body can do, and where and when your body is at a limit
• Honor with nonjudgement your body’s limits at all times
• Celebrate the ability to both move and notice your body’s constant dynamic force
Meditation

• Adopt an alert and relaxed body posture
• Reside with calm acceptance in the present without trying to fill it with anything
• Bring attention to breathing. Feel it come in, feel it go out
• Observe the impulse to get up or the thoughts that come into the mind
• It’s very simple, but it is often not easy
MBSR Resources


• UMASS Center for Mindfulness: https://www.ummhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-classes

• Palouse Mindfulness. Free, online 8 week course: https://palousemindfulness.com/