

# 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

- Kabat-Zinn, Jon. (2013). Full Catastrophe Living : Using The Wisdom Of Your Body And Mind To Face Stress, Pain, and Illness. New York :Bantam Books
- 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/>