



# Mindful-Based Stress Reduction (MBSR)

# What is MBSR?

## What is mindfulness?

- Mindfulness means paying attention to the present moment in a particular way: on purpose and without judgment. So much of our lives is spent thinking about the past or planning for the future that we miss what is happening in the here-and-now
- Diminished awareness of the present moment severely limits the ability to live to the fullest and to respond to situations with choice rather than reacting automatically
- Mindfulness is about living consciously and can be cultivated through meditation, yoga, and other mind-body practices. These practices help us access powerful inner resources for coping effectively with stress and difficulties

## What is MBSR?

- MBSR is an experiential program developed and popularized by Jon Kabat-Zinn at UMass Medical School over the past 25 years
- MBSR has been shown in clinical research to have a profound effect on one's ability to effectively regulate the mind and emotions – and to a significant degree, physical health. MBSR offers a powerful, integrated approach to working with our daily physical, emotional and psychological stress, as well as offering powerful coping tools for dealing with chronic pain and debilitating illness
- MBSR in the workplace programs were developed with the main goal of reducing stress and living a more balanced happy life

## How does it work?

- A mindful practice uses formal guided, silent and dynamic meditations, as well as incorporating mindfulness exercises into daily interactions and living. Participants learn to work with the conscious mind and stay alert, focused and centered on a daily basis
- Participants also learn body awareness and how to calm the nervous system. Attention is given to the interconnection between mind, emotions and physical sensations
- MBSR is proven to be effective at decreasing psychological and physical symptoms of stress, depression, anxiety and chronic pain. MBSR is also proven to enhance overall immune function

# History of MBSR

