

Mindfulness for Stress Management

What is Mindfulness

- 12-week program training the mind to pay attention, on purpose, without judgement in order to *enable the power of choice* for taking wise action in life
- Based on evidence-based program of methods to *assist with stress, anxiety, depression, and pain*
- The foundation of mindfulness for stress management is *mindful meditation practice*



12-week online course

Weekly 1:1 phone or video calls with mindfulness coach, online program manual, links to guided meditations and resources

- Based on [Mindfulness-Based Stress Reduction \(MBSR\)](#), a program developed at the University of Massachusetts Medical Center in the 1970s by [Jon Kabat-Zinn](#)
- Combines:
 - Mindfulness [meditation](#)
 - Body awareness
 - [Yoga](#)-inspired movement
 - Exploration of *patterns of behavior, thinking, feeling, and action*
- 20 years of [research](#) suggests mindfulness has beneficial health effects, including reductions in stress, anxiety, and depression, and improvements in relaxation and quality of life.



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Mindfulness FAQs

What is Mindfulness?

Mindfulness has 3 components: **Paying attention to the present moment, on purpose, without judgement**

1. Moment-to-Moment Attention: **This moment is all we have**

- We can easily think about the future or past, but things only actually happen in the present
 - i. It's good that we are capable of thinking of the future, for planning important events and meeting deadlines. It's also good that we are capable of thinking of the past, otherwise we would lose important memories in our professional and personal lives.
 - ii. But when we have to face challenges or want to appreciate joyful events in life, *worrying about the future or ruminating about the past can rob us of being our best self in the moment and fully experiencing and appreciating life's special events.*

2. Intentional Awareness (on purpose): **Many times, we may not even know that we are stressed.**

- We are unable to be in the moment or let go of judgement (components #1 and #2 of mindfulness) if we cannot even identify stress signals.
 - i. **Doing this is simple... but not easy**
 - **Everyone has the capacity to be mindful**
 - We can cultivate this human capacity to have greater presence and greater relief of own suffering
 - ii. **That is why we have programs to help!**

3. Non-judgmental: **This piece can be difficult**

- Can you let go of things that you cannot change? **Can you accept that this is just the way things are right now?**
- If you cannot change something, getting upset or judging it is a waste of time, and that creates more stress.
 - Ex: chronic pain. In the moment, you may be experiencing pain. There may be possibility of alleviating the pain in the future, but the pain is here now. So, can you find a way to be harmonious with the pain, since it can't go away... at least in this moment? The additional stress/judgement around the pain could actually be making the pain worse.
- *Accepting a painful or stressful situation doesn't mean that we have to like what's there, but it's **dropping the fight to want things to be different.***

