



## **Mindfulness-Based Stress Reduction**

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**Low-risk means of treating vulnerable populations**


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## **Mindfulness-Based Stress Reduction (MBSR)**

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- ◆ **Popularized by Jon Kabat-Zinn to promote healing and reduce stress among medical providers**
    - Removes religious dogma from Buddhist practices
    - Hybrid secular nature makes practice accessible to all faith traditions

## Mindfulness-Based Stress Reduction (MBSR)

- ◆ **Originally intended as a treatment for physical pain and psychological duress including:**
  - Mindfulness meditation
  - Body awareness / body scanning / progressive muscle relaxation
  - Yoga / movement

## MBSR – What is it?

- ◆ **Mindfulness means:**

“...paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.”  
(Kabat-Zinn, 1994)
- ◆ **Mindfulness is a conscious direction of awareness**
  - Practitioners can focus on breath, existence of thoughts, sounds, other sensations
- ◆ **Success with provider staff prompted inclusion of patients for this type of treatment**



- ◆ **8-week training**
- ◆ **3 hour classes weekly**
- ◆ **Supplemented by “homework” prompts to continue mindfulness practice**
- ◆ **Day-long group meditation retreat**

## **Mindfulness-Based Stress Reduction (MBSR)**

### **Guided Exercise**



## Resources

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1. Jon Kabat-Zinn (1994). *Wherever you go, there you are*. New York: Hyperion. p.4
2. Jon Kabat-Zinn & University of Massachusetts Medical Center/Worcester. Stress Reduction Clinic. (2005). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, N.Y.: Delta Trade Paperbacks.
3. Penn Program for Mindfulness. Retrieved from: <http://www.pennmedicine.org/mindfulness/>
4. Robert Simpson et al. (2014). Mindfulness based interventions in multiple sclerosis – a systematic review. *BioMedCentral Neurology*, 14:15.

