



Mindfulness Based Stress Reduction (MBSR) Information Session

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Intentions for Our Time Together

Provide

Provide a detail of the MBSR course requirements and expectations

Hear

Hear from ECE Professionals who have taken the course

Discuss

Discuss the logistics of applying to participate and next steps

Answer

Answer any questions still lingering

What is Mindfulness

Mindfulness is a technique that involves being fully aware and engaged in the present moment without judgment. It can help people manage their thoughts and feelings, and can lead to a greater sense of well-being.

What is MBSR

8-week, training program created by Jon Kabat-Zinn in 1979

Research and evidence-based

Secular

What MBSR Can and Cannot Do

It May:

- Cultivate self-awareness to support reasoned decision-making
- Address rumination about the past or the future
- Build skills to respond to stress rather than react to it

It Does Not:

- Cure disease
- Cause us to be complacent or clueless

Research conducted in the decades since MBSR was created shows that the majority of people who complete the program later report significant benefits, including an increased ability to deal with both short and long-term stress, decreases in both physical and physiological symptoms, a strong sense of relaxation, reduction in pain, increased ability to deal with chronic pain, and a renewed excitement and energy to live.

Course Logistics



Meeting with the instructor 1 on 1 after the orientation



Weekly group meetings (these are 2.5-hour long classes), online

Group discussion and participation are a requirement
Presence is a crucial component for the program to be of benefit



Daily homework



A one-day retreat with a seven-hour mindfulness practice

Walking, eating, sitting, body scan, gentle movement

Learning
From Our
Colleagues

Ashley

Sujatha

Matt

Janine

Jill

Next Steps



The recording of this session will be placed on the PA Key [Mindfulness web page](#)



Anyone who signed up for the session will receive an email when the application goes out and a link to the application will be placed on our [Mindfulness page](#)



The application will include the dates and times of several course options



We will inform those who were selected about their course access details and inform all others that they will be placed on a waitlist (Direct line child care staff will be prioritized)

The background is a solid teal color with a faint, repeating pattern of leaf silhouettes in a slightly darker shade of teal. The leaves are scattered across the frame, with some appearing more prominent than others.

What Questions Do You
Have?

Resources on Mindfulness

- [MBSR: 25 Mindfulness-Based Stress Reduction Exercises and Courses](#) by Courtney Ackerman
- [3 Reasons Why MBSR Should be the Workplace Standard](#) by Ted Meissner
- [Jon Kabat-Zinn: Defining Mindfulness](#) by the staff of Mindful Magazine
- [Health Benefits of Mindfulness-Based Stress Reduction](#) by Cathy Wong
- [Building an ark: creating a vessel for the education of MBSR teachers](#) (PDF) by Saki Santorelli
- [Your guide to mindfulness based stress reduction – What is MBSR?](#) by Rachelle Davis
- [Mindfulness-Based Stress Reduction Program: Handbook](#) (PDF) by Maine Health
- [Some Reflections on the Origins of MBSR, Skillful Means, and the Trouble With Maps](#) by Jon Kabat-Zinn
- [No Blueprint, Just Love](#) an interview with Jon Kabat-Zinn by Barry Boyce

Resource Continued

- [Mindfulness for Beginners](#)

by Jon Kabat-Zinn

From Goodreads (3.8 stars): What if you could profoundly change your life just by becoming more mindful of your breathing? According to Jon Kabat-Zinn, you can. What if paying attention on purpose (and nonjudgmentally) could improve your health? Again, according to Dr. Kabat-Zinn--it can.

- [Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness](#) *by Jon Kabat-Zinn*

From Goodreads (4.2 stars): Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, is perhaps the best-known proponent of using meditation to help patients deal with illness. This book is also a terrific introduction for anyone who has considered meditating but was afraid it would be too difficult or would include religious practices they found foreign.

A hand is shown from the bottom, holding a glowing, golden orb. The background is a soft-focus sunset with a rainbow arching across the sky. A teal rectangular box is overlaid on the left side of the image, containing the text "With Deep Gratitude".

With Deep Gratitude