

## Mindfulness-Based Stress Reduction: A Natural Way to Reduce Stress

Stress is a normal part of everyday life, but it can become overwhelming at times. One of the most effective ways to counter the negative effects of a stressful life is through mindfulness. **MINDFULNESS** is the awareness that arises when we pay attention in a particular way: on purpose, in the present moment, and non-judgmentally. Mindfulness allows us to gain immediate access to our own powerful inner resources for coping with stress more effectively and helps us develop a sense of *being* that promotes a spark of delight in each unfolding moment.

The Mindfulness-Based Stress Reduction (MBSR) course is a unique stress reduction intervention developed by Dr. Jon Kabat-Zinn at the University of Massachusetts in 1979, who has authored numerous books on the health-enhancing effects of mindfulness. The MBSR course is a clinically-proven program based on more than five decades of solid scientific research. It has been offered at major medical centers around the world and was featured in Bill Moyers' *Healing and the Mind - Healing from Within* PBS series. The 8-week course trains individuals in a class setting in the daily discipline of mindfulness and its application to everyday life. Participants learn relaxation, meditation, simple yoga techniques, and coping strategies that are easily integrated into daily life.

### Research Evidence Suggests MBSR is helpful for

- Stress from common sources, such as home, work, school, finances, etc.
- Medical conditions including chronic pain, hypertension or high blood pressure, fibromyalgia, ADHD, and others.
- Psychological symptoms such as anxiety, panic, depression, fatigue, and sleep disturbances.

### The 8-Week Mindfulness-Based Stress Reduction Course

The MBSR program offers a way to relate directly to whatever is happening in your life. It gives you the ability to take charge of your life and to work consciously with your own stress, pain, or illness. Through the MBSR program, you will...

- Investigate the nature of stress- how habitual reactions increase it, and how it affects your life.
- Learn and practice mindfulness practices which are done in class and during home practice. This includes body awareness work, yoga, and sitting and walking meditation (among others).
- Learn mindfulness approaches to manage physical, emotional, or psychological pain, stress, and difficulty in an effective way.
- Connect with the wisdom of your own body and learn to relax tension.
- Develop tools to work with and transform stressful situations and reactions.
- Discover how to address depression and anxiety more skillfully.
- Overcome old habits of reaction and forge new pathways of responding mindfully.
- Re-establish balance and a sense of well-being and ease in your life.
- Have more control over your own health and fitness, and feel empowered to live with more joy and equanimity.

### Course details

Mindfulness-Based Stress Reduction is a structured 8-week course on mindfulness that reduces stress and promotes health and well being. This highly participatory, practical course includes:

- Guided instruction in mindfulness meditation practices
- Gentle stretching and mindful yoga

- Inquiry exercises to enhance awareness in everyday life
- Group discussions and dialogue aimed at enhancing awareness in everyday life
- Discussion with partners and small groups on personal responses to stress and well-being goals
- Daily home assignments
- Guided audio files for home practice
- An MBSR manual that includes short readings, a guide to the course, and resources to support your ongoing investigation of mindfulness

## **The Commitment of Mindfulness-Based Stress Reduction**

MBSR is truly experiential education. By committing to the time in class and at home, it's possible to change patterns of reactivity and stress. New ways of relating to life that are less reactive and more healthy often result. The power of this investigation into moment-to-moment living offered by MBSR can change your relationship to your own experience and this carries forward into relationships and attitudes of all kinds. For this "magic" to work it is suggested that participants be committed to putting in the time in practice and study. This includes:

1. Eight classes, each two-and-a-half hours long.
2. One day long retreat (six hours long).
3. 30 minute daily practice at home.

Sometimes with tongue and just a little bit in cheek MBSR instructors tell participants that learning about stress reduction can be quite stressful! Most of us have busy lives and it's not easy to add the weekly class and daily home practice. To receive the most benefit from MBSR it is suggested that you make your best effort to attend all class sessions and do the home practice, and to bring forward a gentle but persistent effort with an open-minded spirit of curiosity. There is plenty of support from the instructor, the recorded and written materials, and from your fellow participants, but the decision to commit to MBSR can come from you alone. Thousands of people of all ages, from all walks of life and lifestyles have now benefited from the Mindfulness Based Stress Reduction program - and you can too! This program is suitable for anyone who is interested in living a less stressful and more rewarding life.

## **Instructor**

The instructor for this course is Erika Bloodworth, Licensed Clinical Mental Health Counselor with a private therapy practice in Durham. Erika is a Registered Yoga Teacher (RYT 200) and also brings years of experience in various forms of mindfulness practice. Erika graduated from Mindfulness Northwest's MBSR Teacher Training program and is a certified MBSR teacher. Contact Erika at 984-777-9084 or through email at [erika@c3counseling.org](mailto:erika@c3counseling.org)

## **Cost**

Sliding scale \$350-\$550

## **Schedule**

Winter 2025 Course Dates and Times:

Saturdays from 9:00-11:30, January 18th-March 15th

Day of Mindfulness: Saturday, March 1st from 9:00-3:00

## **Location**

TBD in Durham

**REGISTER**