Mindfulness Based Stress Reduction

- Originally considered a complement to medical treatment
- Started in 1979 By Jon Kabat-Zinn, author of Full Catastrophe Living
- 20,000 graduates, thousands more worldwide in Hospitals, Clinics and Universities
Other Mindfulness Based Programs

- MBCT – Mindfulness Based Cognitive Therapy to prevent depression relapse
- Mindfulness for Anxiety
- Mindfulness Based Eating Awareness
- Mindfulness Based Childbirth
- Mindfulness Based Elder Care
- Acceptance and Commitment Therapy
- Dialectical Behavioral Therapy
“Mindfulness is paying attention, on purpose, in a particular way, in the present moment without judgment.”
Jon Kabat-Zinn
MIND-FULL

MINDFUL OF THE PRESENT MOMENT
“Oh, I’ve had my moments, and if I had to do it over again, I’d have more of them. In fact, I’d try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.”

Nadine Stair, eighty-five years old, Louisville, Kentucky
RADIO LAB: MOMENTS
There is more right with you than wrong with you no matter what challenges you face!

Jon Kabat-Zinn
How Can Mindfulness Help?

Individuals:

• Take more active role in their own health
• Rediscover their strengths
• Feel more empowered
• Cultivate self-compassion
• Retrain the brain for calm
• Increase strength and balance
How can mindfulness help?

Groups:

• Feel more connected
• Shared purpose
• Have more compassion for others
Formal Practices

• Body Scan
• Walking Meditation
• Meditation
• Mindful Yoga
Informal Practices

Anything Done Mindfully
Offering Mindfulness Tools to Elders?

• Embody mindfulness
  o Mindfulness – simply being fully present
  o Our presence is healing

• Share both formal and informal practices
  o Formal practices - foundation and insight
  o Informal practices to integrate into daily life

• Leads to Mindful Awareness in every moment
“Attention is the most basic form of love.”
John Tarrant