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Mindfulness Based Stress Reduction

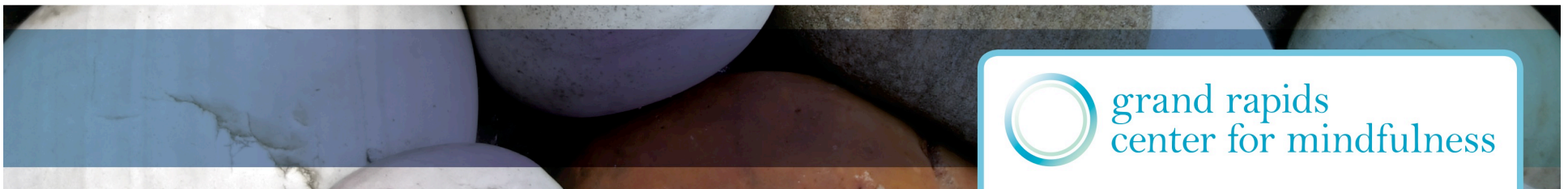
- Originally considered a complement to medical treatment
- Started in 1979 By Jon Kabat-Zinn author of Full Catastrophe Living
- 20,000 graduates, thousands more worldwide in Hospitals, Clinics and Universities




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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

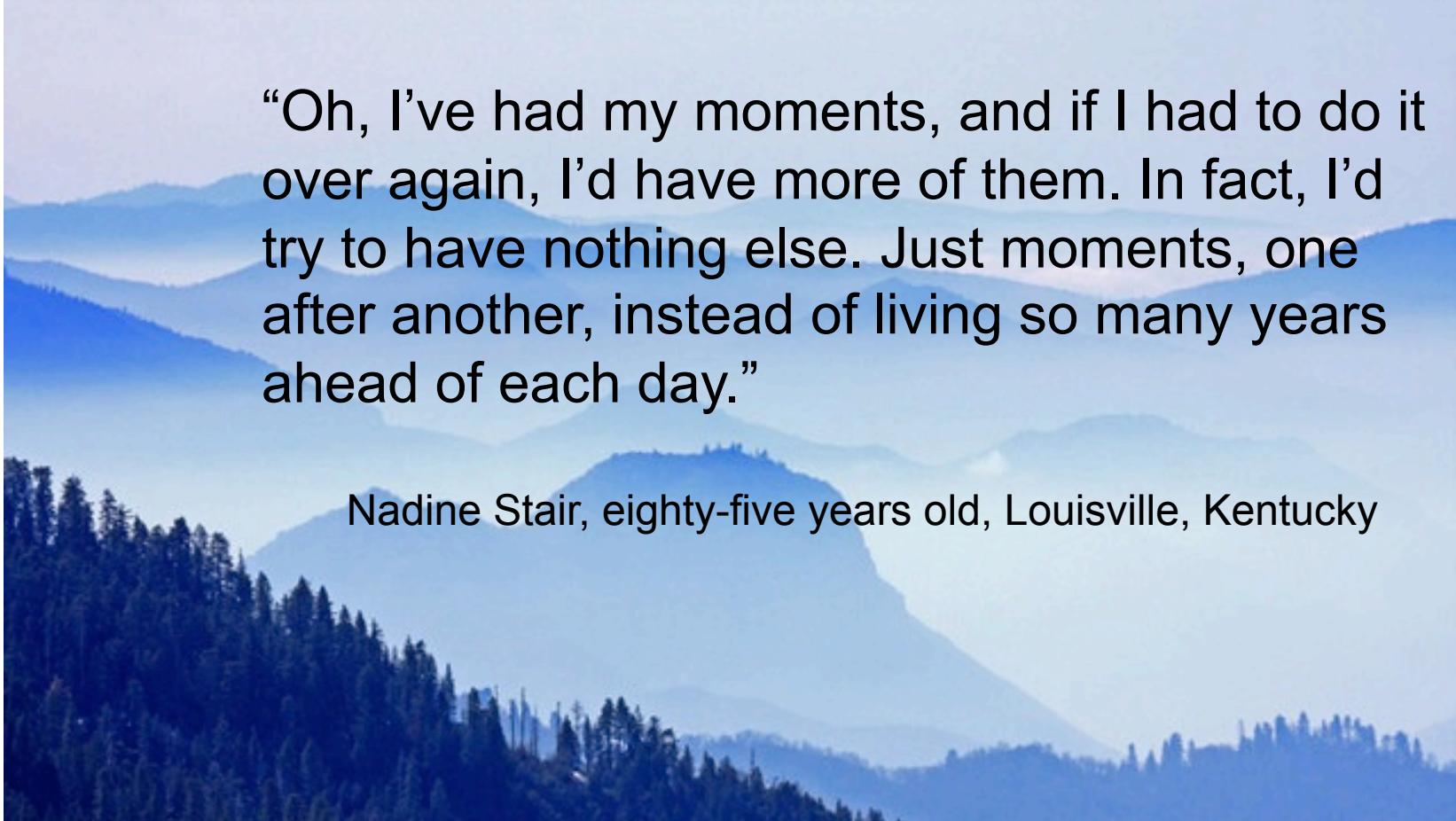


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MIND-FULL

MINDFUL OF THE
PRESENT MOMENT



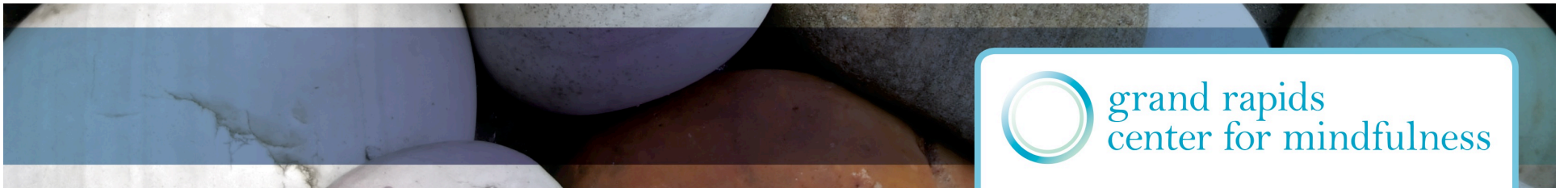
“Oh, I’ve had my moments, and if I had to do it over again, I’d have more of them. In fact, I’d try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.”

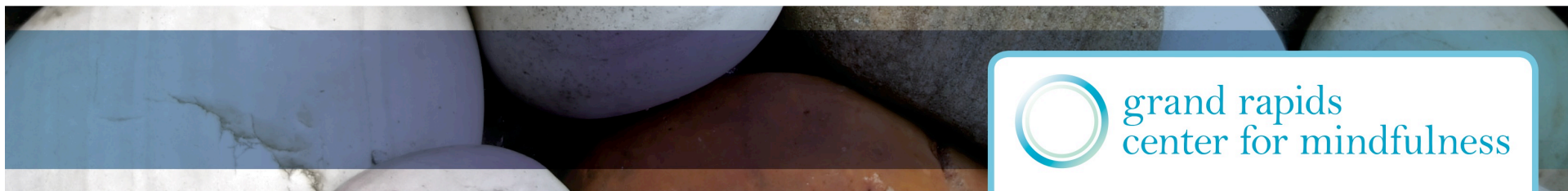
Nadine Stair, eighty-five years old, Louisville, Kentucky



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RADIO LAB: MOMENTS





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There is more right
with you than wrong
with you no matter
what challenges you
face!

Jon Kabat-Zinn



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How Can Mindfulness Help?

Individuals:

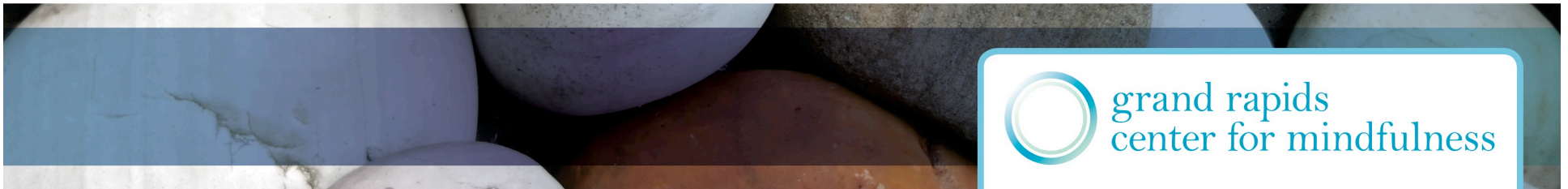
- Take more active role in their own health
- Rediscover their strengths
- Feel more empowered
- Cultivate self-compassion
- Retrain the brain for calm
- Increase strength and balance



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
 - Mindfulness – simply being fully present
 - Our presence is healing
- Share both formal and informal practices
 - Formal practices - foundation and insight
 - Informal practices to integrate into daily life
- Leads to Mindful Awareness in every moment







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