grand rapids center for mindfulness
Mindfulness Based Stress Reduction

- Always considered a compliment to medical treatment
- Started in 1979 By Jon Kabat-Zinn
- 20,000 graduates, thousands more worldwide in Hospitals, Clinics and Universities
Other Mindfulness 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
I THINK IT'S STRESS!!
MIND-FULL

MINDFUL OF THE PRESENT MOMENT
“Mindfulness is paying attention, on purpose, in a particular way, in the present moment without judgment.”

Jon Kabat-Zinn
Mindfulness Based Stress Reduction Research

- Cancer treatment and recovery
- Psoriasis (4x faster)
- Fibromyalgia
- Heart disease
- Insomnia
- Anxiety
- Depression
- ADD/ADHD
- Burn out prevention in the helping professions
- Immune functioning
- General life stress
Mindfulness: An effective Intervention for Caregivers

• Shauna Shapiro et. Al. 2007 – Teaching self-care to caregivers: effects of MBSR on the mental health of therapists in training.
  o Significant declines in stress, negative affect, rumination, state and trait anxiety and
  o Significant increases in positive affect and self-compassion.

• Robin R. Whitebird, et.al. 2013 – MBSR for family caregivers: controlled trial.
  o More effective at improving overall mental health, reducing stress, and decreasing depression than CCES (Community Caregiver Education and Support intervention for family caregivers of people with dementia.)
THINGS TO DO TODAY:
1) BREATHE IN.
2) BREATHE OUT. (REPEAT)
Mindfulness Is Only a Breath Away

- Drinking a cup of tea
- Petting the cat
- Walking with mindfulness
- 3-Minute Breathing Space - 1-Minute Breathing Space
- Hand on the Heart
- Self-Compassion
- Designate a mindfulness object and each time you contact this object, stop and breathe
Self Compassion

• This is hard right now – acknowledge the suffering

• I’m not alone – others are experiencing challenges too

• How can I be kind to myself right now?