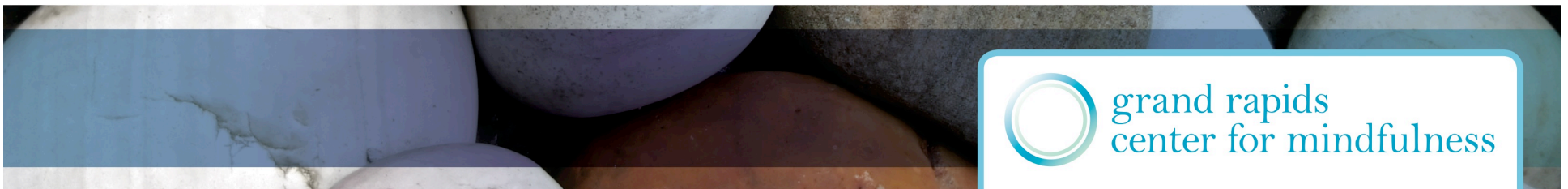




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Mindfulness Based Stress Reduction

- 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



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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

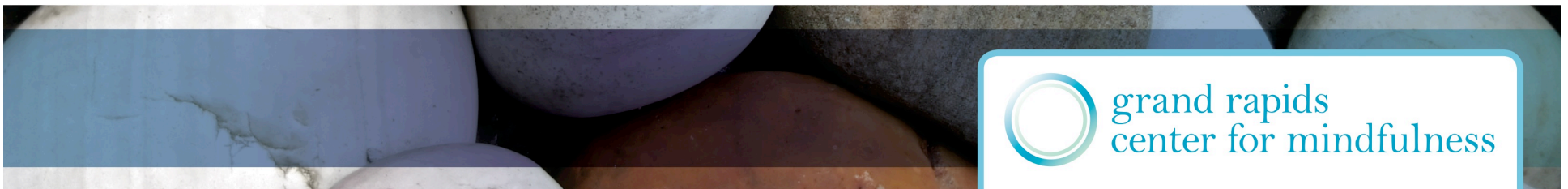
- Cancer treatment and recovery
- Psoriasis (4x faster)
- Fibromyalgia
- Heart disease
- Insomnia
- Anxiety
- Depression
- ADD/ADHD
- Burn out prevention in the helping professions
- Immune functioning
- General life stress



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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.
 - Significant declines in stress, negative affect, rumination, state and trait anxiety and
 - Significant increases in positive affect and self-compassion.
- Robin R. Whitebird, et.al. 2013 – MBSR for family caregivers: controlled trial.
 - 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.)







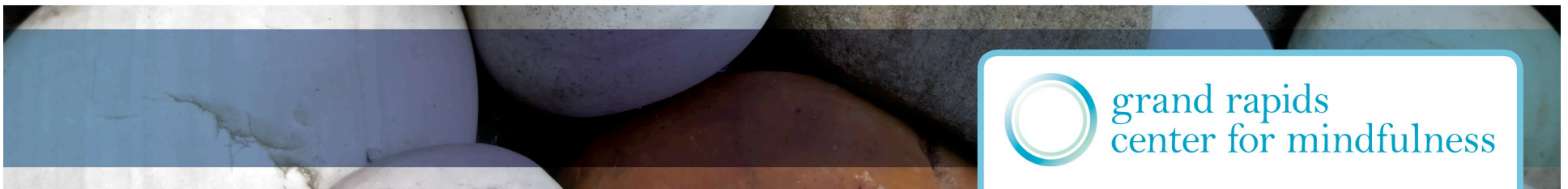






Mindfulness Is Only a Breath Away

- 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?





