

Welcome to the Introduction to Mindfulness Based Stress Reduction Group!

What is Mindfulness Based Stress Reduction (MBSR)?

MBSR encourages us to become more aware of the present by letting go of worry about the past or future. It can also teach us to observe our thoughts, feelings, and bodily sensations in a non-judgmental way.

MBSR was developed by Jon Kabat-Zinn, a professor of medicine at the University of Massachusetts Medical School, in the late 1970s early 1980s to help patients with chronic pain.

Research has shown that MBSR can help with more than pain management. It can help reduce stress levels, manage anxiety and depression, headaches or migraines, immune disorders, high blood pressure, and we can experience an improved quality of life.

Local Retreat Center:

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Practice for week 1:

Take five mindful breaths every morning before getting out of bed.

Articles:

[Mindfulness-based stress reduction: What to know](#) from Medical News Today

[Health Benefits of Mindfulness-Based Stress Reduction](#) from Very Well

Thank you! Vickie Hadge vickie.hadge@gmail.com