

# Mindfulness Based Stress Reduction - MBSR

MBSR is an 8-week class and a full day Mindfulness Retreat. It is an evidence-based program that offers intensive mindfulness training to assist people with a host of stress-related physical, emotional and psychological conditions.

- Interactive
- Group-based
- Experiential
- Psychoeducational
- 2 ½ hour weekly sessions
- Zoom (in-person when safe)
- Founded by Jon Kabat-Zinn



# Mindfulness Based Stress Reduction for Teens MBSR-T or *Stressed Teens*



- 8- week 1 ½ hour class
- Modified version of the adult MBSR Class
- Developmentally appropriate (13- 19 yo)
- Addresses modern-day stressors unique to this population
- Highly interactive
- Experiential
- Shorter meditations
- Mindfulness group activities and projects
- Developed by Gina Biegel LMFT– MBSR Certified Teacher

# WHAT IS THE ORIGIN?

MBSR was created by Jon Kabat Zinn, bio medical scientist and Buddhist practitioner, in 1979 out of the University of Massachusetts Medical Center.

- Founder of the Stress Reduction U-Mass
- Founder of The *Center Mindfulness in Medicine, Care and Society* at UMass
- Nonspiritual/Secular class utilizing Universal Applicability of Mindfulness to reduce suffering



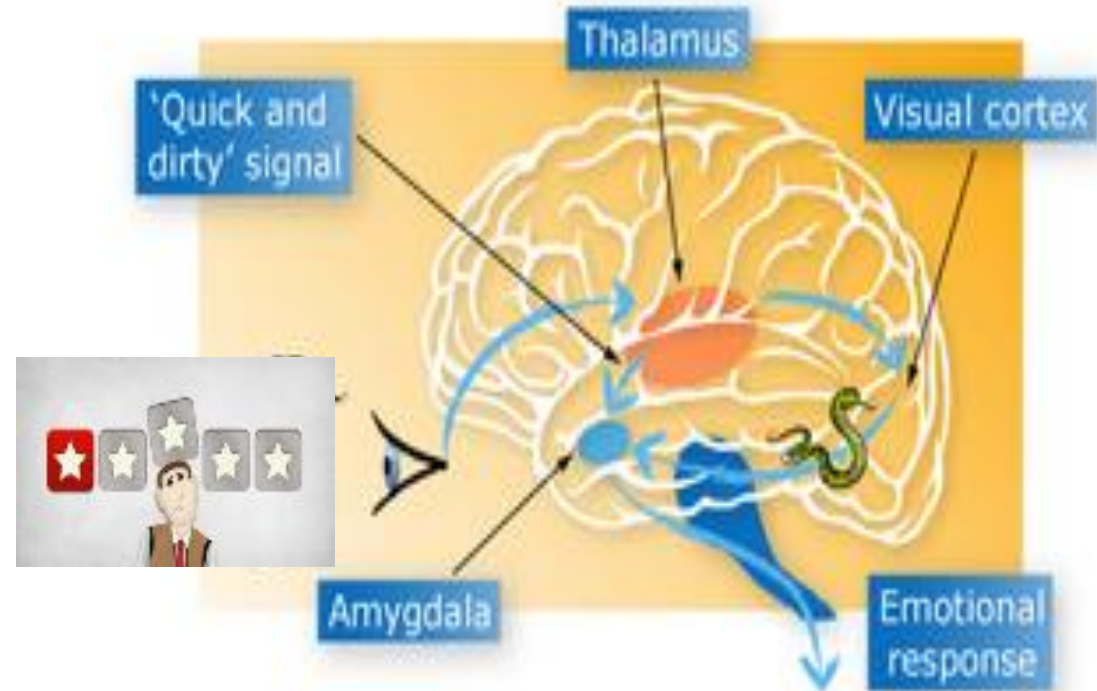




Mind Full, or Mindful?

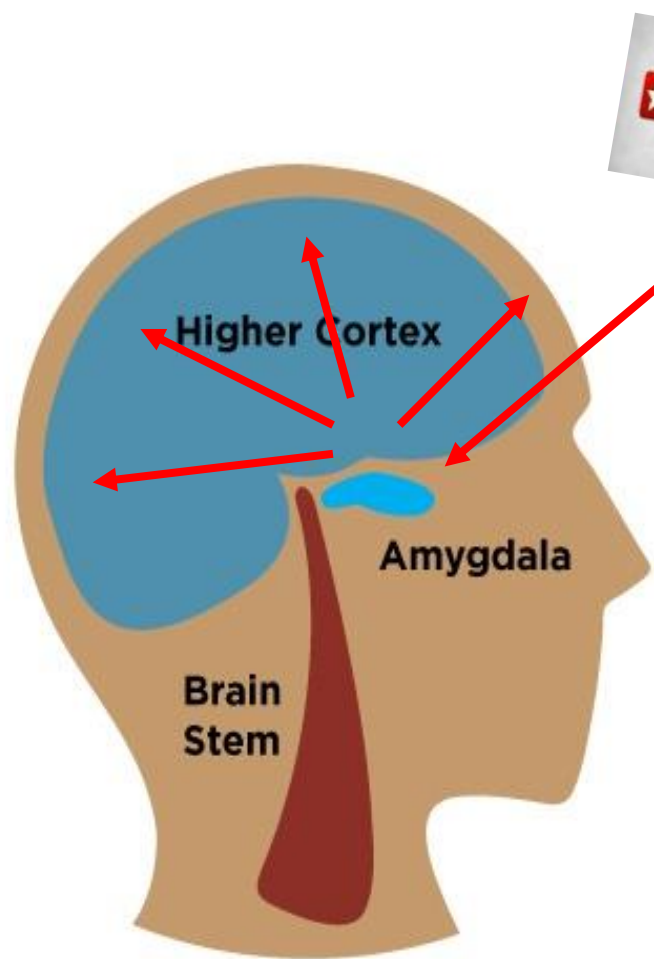
Fight Flight is also Triggered by Perceived Threats  
or Strong Emotions

**FALSE  
ALARM**

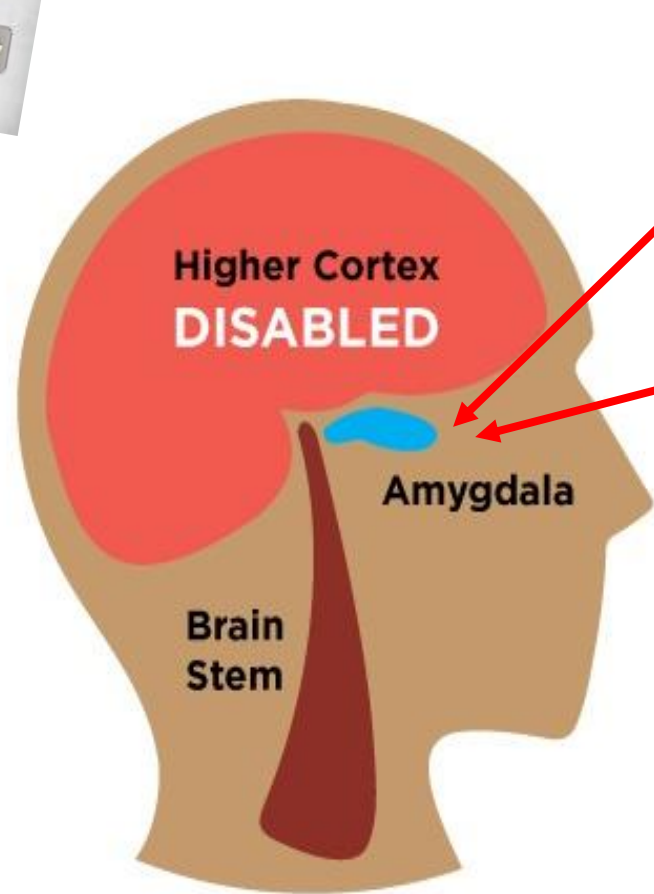


**CHRONIC STRESS RESPONSE**

**REACT** vs  
*Respond*



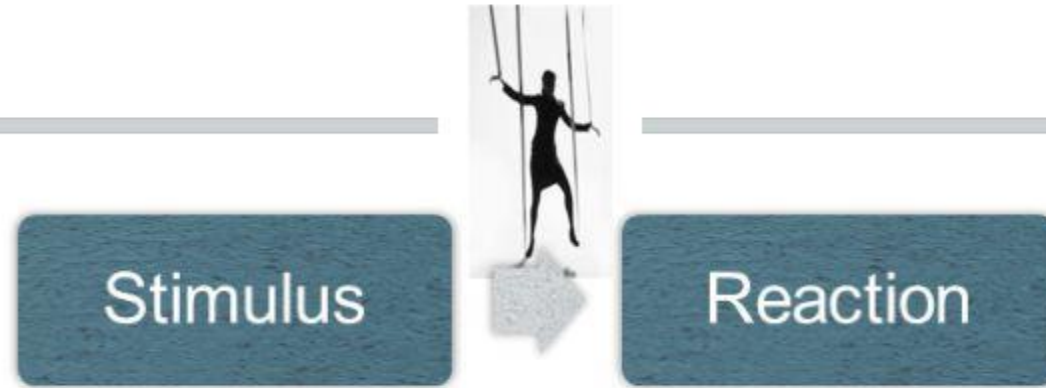
**LOW Emotion**  
(Calm, Relaxed)



**HIGH Emotion**  
(Anger, Fear, Excitement, Love,  
Hate, Disgust, Frustration)



## Without Mindfulness:



## With Mindfulness:



# Mindfulness Practices

- Body Scan
- 5-Senses Meditation
- 10-Breath Meditation
- Elevator Breathing
- Glitter Jar
- Mindful Eating
- Mindful Walking
- Open Awareness Meditation
- Yoga
- Mindful Communication
- Mindfulness in Everyday Activities
- Loving Kindness Practice
- Gratitude Practice - Journaling
- Focused Attention Meditation
  - Breath
  - Bodily sensations
  - Sound

# MINDFULNESS

**BUILDS EMPATHY, COMPASSION  
AND KINDNESS**

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**INCREASED JOY AND  
CONTENTMENT**

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**EMOTIONAL REGULATION**

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**STOP NEGATIVE  
THOUGHTS**

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**BUILD OPTIMISM  
AND MINDFULNESS**

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**REDUCE STRESS  
AND ANXIETY**

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**GAIN CONFIDENCE  
AND SELF-ESTEEM**

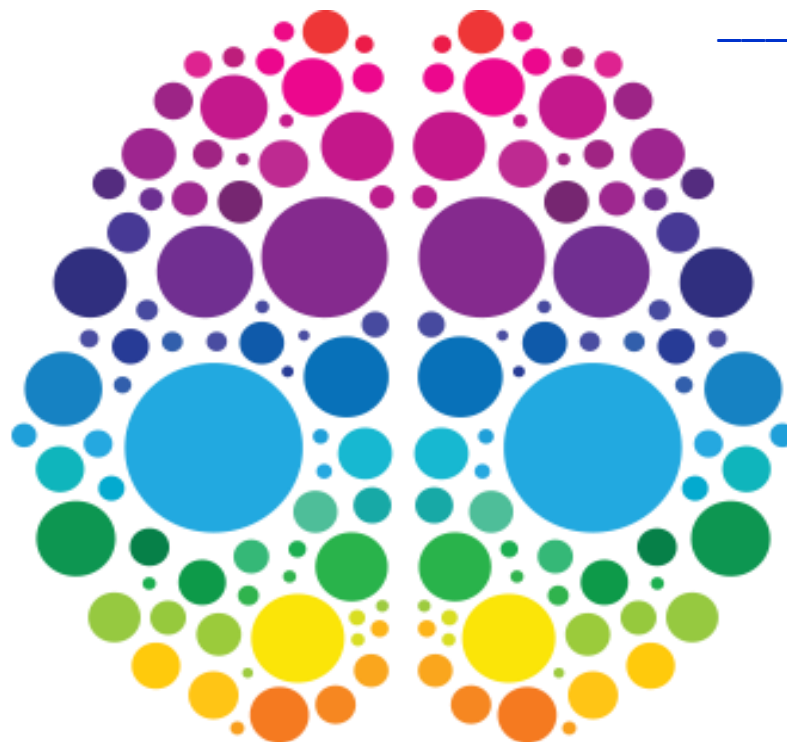
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**IMPULSE CONTROL**

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**STRENGTHENS FOCUS/  
ATTENTION**

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# Winter Session MBSR Adults

Saturdays, January 16<sup>th</sup> – March 20<sup>th</sup> 2021 9-11:30 am

**Orientation**

Saturday, January 16<sup>th</sup>

**Weeks 1- 8**

Saturdays, January 23<sup>rd</sup> – March 20<sup>th</sup>

**Full Day Silent Retreat**

Saturday, March 6<sup>th</sup>



## **Partial and Full Financial Scholarships**

available through Northern Michigan Psychiatric Services, PC and Northern Physicians Organization

Register online at: [www.mindfulnessstc.com](http://www.mindfulnessstc.com)

# Winter Session MBSR for Teens MBSR-T Stressed Teens

Wednesdays, January 20<sup>th</sup> – March 10<sup>th</sup> 2021  
4:00pm- 6:00pm



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