

Mindfulness-Based Stress Reduction

What is “Mindfulness” ?

Mindfulness is moment to moment awareness. It is the art of paying attention to your experience as it unfolds in the present moment — the here and now. It connects the mind and the body to create a more holistic appreciation for what is happening both internally and externally at the time it is happening. Mindfulness techniques teach us how to observe our thoughts, emotions, and physical sensations without judgement. It is this nonjudgmental approach that allows us to cultivate attitudes of openness and receptivity with an overall approach of gentleness and nurturing toward ourselves and others. We start to see things in a new way.

Format, Approach & Activities:

The program uses an educational group format to teach and practice the techniques and skills of mindfulness in a safe and supportive environment. This systemic holistic approach helps to create awareness through meditation techniques that include body scanning (similar to progressive relaxation) hatha yoga, sitting and walking meditation and other movements. This non-judgmental approach builds on personal strengths while strengthening inner resources through one’s own self-discovery and acceptance of self in the present moment.

Benefits:

Why not use the wisdom of the body, through a mind-body connection to identify your stress triggers and patterns? The practice of mindfulness, moment to moment awareness, and mindfulness techniques help us see these patterns in a new way. We become aware of how everyday stress impacts on our body and how we respond to external and internal events in our lives. We learn how to be with the unpleasantness in our lives without fear. It is an investigative approach of self-discovery that helps us make conscious choices in everyday living. We experience peace of mind and vitality through cultivating and developing trustworthy resources for coping with stress and uncertainty. Research data from University of Massachusetts Medical Centre’s MBSR Clinic indicates a 30% reduction in medical symptoms and a 50% reduction in psychological symptoms.

Other Program Options:

Another program available to suit busy lifestyles is to purchase *You’re breathing anyway*™ a guidebook with accompanying CD, developed by Diane Frederick. Supportive programming can be adapted to meet personal needs such as 4 week facilitated program/phone/email support or private sessions.

Workplace:

Health Canada reports that stress related problems lead to about 66 million lost working days per year. Finding work-life balance is a challenge for many people. These programs can be adapted to meet your workplace needs.

For Information: Contact Diane Frederick at (519) 576-3871
or email: dianers@golden.net
website: www.yourebreathinganyway.com



Mindfulness-Based Stress Reduction Eight-Week Program

Mindfulness-Based Stress Reduction is a wholistic approach that creates awareness through meditation techniques that include body scanning meditation (similar to progressive relaxation), sitting & walking meditation and other movements. Some benefits include: reduced stress, increased insight, self-discovery, and an overall sense of improved physical and emotional well being.

Mindfulness practices teach us how to live more in the present moment to experience a richer, fuller life.

Dates & Times: Wednesdays, September 28 to November 16, 2005 7:00 to 9:15 PM
All day class – November 12

Cost: \$ 360.00: includes GST, 3 Mindfulness Practice CDs, & Workbook

Required Text: *Full Catastrophe Living: Using the Wisdom of Your Body & Mind to Face Stress, Pain, & Illness* by Jon Kabat-Zinn

Location: First Unitarian Church, 96 Dunbar Rd., South, Waterloo

Instructor: Diane Frederick, RN, MA, ICADC, ICCS, author of *You're breathing anyway™* . . . , is a registered nurse, therapist, coach and addiction specialist with a clinical private practice in Kitchener, Ontario. Diane has over a decade of meditation experience and has participated in professional training under Jon Kabat-Zinn and Saki Santorelli. Drawing on her experience and knowledge from a number of positions and settings, Diane helps people move through life's challenges in a respectful engaging manner.

For Information: Contact Diane at (519) 576-3871 or email: dianers@golden.net

Approved for 24 Core CEUs – CACCF

To Register for Mindfulness-Based Stress Reduction Program:

Complete this form and mail with cheque (may be post dated) for required fee payable to *Rising Sun Supportive Guidance Centre*, 210 Highland Crescent, Unit 28, Kitchener, ON, N2M 5H8

Name: _____

Street: _____

City: _____ Postal Code: _____

Telephone: _____

Enrollment Limited: Register Early