Mindfulness-Based Stress Reduction (MBSR)

Using meditation, movement & group process to promote peace, healing, and a sense of support in patients, caregivers, and health professionals.
A little bit about me:

Drew Buss, M.S. Ed.
Licensed Professional Counselor
Mindfulness-Based Stress Reduction Teacher
Working in human services since 1992

- Group Homes
- Emergency Shelter Administration
- Management of Human Services Orgs.
- Counseling
Presentation Goals

• Introduction to Mindfulness and Mindfulness-Based Stress Reduction
• Explore some of the benefits of these practices
• Try on the practice – See what it’s like to be mindful
• Point you toward more information so you can follow up on your own
Who is using Mindfulness?

Mindfulness Meditation

with
Jon Kabat-Zinn

October 11, 2007

Mindful Schools
Mindfulness in the media
Mindfulness is just paying attention, on purpose, to thoughts and emotions, to the body, and to the immediate environment, from moment to moment...

...without judging them.
Mindfulness is NOT...

MULTI-TASKING
Mindfulness is NOT...

AUTOPILOT
Mindfulness is NOT...

Living in the PAST or worrying about the FUTURE
Mindfulness is...

ACCEPTANCE of the present moment...
Today me will live in the moment, unless it’s unpleasant, in which case me will eat a cookie.

- Cookie Monster
Mindfulness can be...

Informal

Formal
Informal mindfulness...

ANYTIME we pay close, undivided attention to the present moment.
Informal mindfulness

Washing the dishes...
Informal mindfulness

Taking a shower...
Formal Mindfulness

Meditation

Yoga

Tai Chi
Yoga doesn’t have to be...
Yoga can be...
Meditation can focus on...

- breath
- physical sensations
- sound, sight, etc.
- thoughts & emotions
- anything here and now
Guided Meditation, let’s give this a try
Guided Meditation

• What did you notice about your breath?
• How was paying attention like this different than usual?
• Could this be useful, how so?
Mindfulness-Based Stress Reduction

• Experiential group program
• Uses mindfulness-based interventions to help reduce and cope with stress
• Participants learn to manage medical, psychological, and interpersonal conditions while maximizing well-being.
Mindfulness-Based Stress Reduction

- Developed by Jon Kabat-Zinn in 1979 at UMASS
- Original referrals were cardiac and chronic pain patients
- Great early success
- Wider variety of referrals followed
Mindfulness-Based Stress Reduction...Structure

- 8-week program for groups
- Weekly meetings
- Between-meeting home practice
How can MBSR help with the cancer community?

- MBSR reduces stress
- Stress impacts the body
Stress impacts the body

Fight

Flight

Freeze
The brain produces neurochemicals and stimulates hormone production...

- Breathing rate increases
- Blood flow to skeletal muscles increases
- Intestinal muscles relax
- Heart rate increases
- Pupils dilate
- Blood pressure in arteries increases
- Blood sugar levels increase
Long-term effects of stress

Chronic inflammation

Compromised immunity

Sleep disturbance
Stress impacts the brain

- Threat detection process gets faster and less discriminate
- High order thinking and decision-making is inhibited
Mindfulness-Based Stress Reduction helps us interrupt the stress cycle

- Respond instead of react
- Recognize and avoid unnecessary stress
- Realize all things will pass
MBSR has been studied for more than 35 years

- Strengthens immunity and increase Natural Killer Cell activity
- Improves mood, quality of life, well-being
- Alleviates emotional and physical symptoms of medical treatments
- Helps maintain telomere length
MBSR has been studied for more than 35 years

Mindfulness-Based Stress Reduction can impact our bodies at chromosomal levels!
MBSR benefits aren’t just for patients
In summary...

- Mindfulness reduces stress
- Mindfulness can be taught to nearly anyone using MBSR
- Reducing stress benefits mind and body
- This matters for patients, caregivers and health professionals.
Interested in learning more?

- Call me at 402-853-2396
- Email at drew@intobalance.us
- Go to www.intobalance.us
- Read Full Catastrophe Living by Jon Kabat-Zinn
- Go to informationisbeautiful.net and search for “mindfulness”
- Into Balance MBSR Courses starting October 6th, 2015 and January 5th, 2016
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