Mindfulness Based Stress Reduction (MBSR)

Stony Brook University Employee Assistance Program would like to offer a fee for service MBSR program. The class will meet once a week for 2 ½ hours over the course of 8 weeks and one full day. Please indicate your interest by contacting EAP by phone (631-632-6085), e-mail or by completing the very brief survey.

MBSR uses meditation, yoga and inquiry as a way of training people to relate differently to stresses in their lives and in fact, relate differently to each moment of their lives. It was originally developed for patients in chronic pain, undergoing intensive treatments for cancer, AIDS and other serious illness, but has since expanded and been incorporated into the daily lives of tens of thousands of people whether they are dealing with the serious stress of illness or simply the day to day stress which at times seems like it can be too much to handle. Research over the past 32 years indicates that a majority of the people who complete this program report a greater ability to cope more effectively with short and long term stressful situations; an increased ability to relax, lasting decreases in physical and psychological symptoms; reduction in pain levels and enhanced ability to cope with chronic pain and most importantly a greater energy and enthusiasm for life.

Some of the skills people learn in MBSR courses:

- Practical coping skills to improve your ability to handle stressful situations
- Methods for being physically and mentally relaxed and at ease
- Gentle full body conditioning exercises to strengthen your body and release muscular tension
- To become increasingly aware of the interplay of mind and body in health and illness
- To face change and difficult times in your life with greater ease.

Credit: http://www.mindfulnessmeditationnyc.com/what-is-mbsr

For more information about MBSR:

Mindfulness Meditation New York Collaborative

Mindfulness