

# Zumbro Valley Mental Health Center

## MINDFULNESS-BASED STRESS MANAGEMENT

### PURPOSE

Mindfulness is the practice of opening to and accepting life just as it is, whether we are practicing sitting meditation or cooking dinner. To begin, we make the necessary effort to calm the mind and heart. Without this first step, our intention to be present is often overwhelmed by our habits of struggling with the conditions of the moment.

Research is proving that we can learn to use our own innate resources to cope more effectively with both short- and long-term stressful situations, increase our ability to relax, decrease physical and psychological symptoms from illness and reduce pain levels and an enhanced ability to cope and deal with chronic pain.

Goals include:

- Understand meditation basics and benefits
- Discuss common challenges to starting a meditation practice and ways to overcome them
- Experience a variety of meditation techniques
- Develop a meditation routine in a positive and welcoming group atmosphere
- Complete daily "homework" to help integrate mindfulness into daily routines

### TOPICS

This eight-week program is an introduction to mindfulness meditation practice. Participants will learn and practice mindfulness meditation techniques, including body scan, sitting and walking meditation, gentle yoga and qigong. Sessions will include formal meditation and small group discussions.

### FORMAT

Weekly group meetings held Mondays from 1:30 p.m. to 2:30 p.m.

Fee covered by Medical Assistance, Olmsted/Fillmore POS and a sliding fee is available.

Participants must have a current intake on file at Zumbro Valley Mental Health Center.

Group size limited to 8 participants.

### Contact Information

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