Mindfulness-Based Stress Reduction

Mindfulness is the awareness of what is happening in our lives as it is happening. It is an ability we have, yet tend to lose touch with as habits of automaticity and reactivity prevail. Mindfulness practice supports us in being fully engaged in our lives, aware of what is unfolding, moment-to-moment. This non-judgmental, compassionate awareness is key in being more skillful in how we relate to what we experience internally and externally, thus taking wise action in caring for ourselves and others more of the time. Scientific research indicates consistent mindfulness practice can positively affect stress resilience; physical and mental health; academic skills; self-regulation of emotional reactivity; interpersonal skills; and general well-being.

Registration
Email mindfulness@uiowa.edu to register for one of the required informational sessions and you will receive the link for access via Zoom:

Wednesday August 19 @ 4:30 PM  Thursday, August 20 @ 6 PM;
Wednesday, September 2 @ 4 PM  Thursday, September 3 @ noon

Location
*All sessions will be held via Zoom unless COVID-19 restrictions are lifted sufficiently and the facilitators’ determination is that social distancing is reduced enough to promote a robust group dynamic. You will be notified on or before the deadline of Sept. 3 if we are meeting in person at UIHC instead of via Zoom.

Fee
If you choose to enroll in the MBSR program, you will be asked to register at this time and pay the $450 fee ($250 for current UI or Kirkwood students) with cash, check, or credit card. Anyone may participate in MBSR, whether or not they are a UI employee. Non-UI employees with very limited financial resources may apply for a scholarship. The University of Iowa provides free health promotion services, including MBSR, for eligible employees through the UI Wellness’ LiveWELL program. For details, visit: hr.uiowa.edu/livewell and request an appointment.

Contact: mindfulness@uiowa.edu (319) 384-5089
uihc.org/mindfulness-programs