

Spring 2020

## Mindfulness-Based Stress Reduction

Mindfulness is the awareness of what is happening in our lives as it is happening. Mindfulness practice supports us in being fully engaged in our lives. This 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 supports 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.

### Session 1

Thursdays, March 26- May 14

6:00-8:30 pm

UI Hospitals & Clinics

**Extended Session:** May 2, 9-3:30pm

**Deadline:** March 23, 2020

### Registration

Attend one of the required informational sessions:

Fri, Jan 31 @ noon - HSSB

Thurs, Feb 13 @ noon - UIHC

Thurs, Feb 20 @ 4:30 pm - HSSB

Thurs, Feb 27 @ noon - UIHC

Thurs, March 5 @ 6:00 pm - UIHC

Thurs, March 12 @ 4:00 pm - UIHC

Mon, March 23 @ 5:30 pm - UIHC

### Location for Information Sessions

- UIHC: Conference room 2717 John Pappajohn Pavilion  
University of Iowa Hospitals & Clinics (Elevator I, 2nd floor)
- HSSB: Health Care Support Services Building -3281 Ridgeway  
Drive, Coralville, IA 52241

### 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](http://hr.uiowa.edu/livewell) and request an appointment with a health coach.

### Session 2

Wednesdays, April 1 - May 20

4:30-7:00 pm

UI Health Care Support Services Building

**Extended Session:** May 2, 9-3:30 pm

**Deadline:** March 23, 2020

### Contact

[mindfulness@uiowa.edu](mailto:mindfulness@uiowa.edu)

319-384-5089