

SUMMER 2020

# 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 but 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 supports us in being more skillful in how we respond to what arises. It helps us to take 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.

## Registration

Attend one of the required informational sessions

- Tuesday, May 12 @ Noon - UCC Executive Boardroom 2390
- Thursday, May 14 @ 4 p.m. - UIHC
- Tuesday, May 19 @ 5:30 p.m. - UCC Executive Boardroom 2390
- Thursday, May 21 @ Noon - UIHC
- Monday, June 1 @ 5 p.m. - UIHC
- Wednesday, June 3 @ 3:30 p.m. - UIHC

## Locations

University Capitol Centre (UCC) Executive Board Room 2390, 200 South Capitol Street, Iowa City  
University of Iowa Hospitals and Clinics (UIHC), Elevator I to 2nd floor – follow signs

## 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. If participation in the MBSR program is recommended as a part of your work with a health coach, the university will pay the \$450 program fee, if you complete the program. For details, visit: <https://hr.uiowa.edu/well-being/livewell>

Section 1:

**Tuesdays, June 9 – July 28**

5:30-8 pm

University Capitol Centre (UCC)

Section 2:

**Wednesdays, June 10-July 29**

3-5:30 pm

University of Iowa Hospitals and Clinics

Extended Session for both sections:

**Saturday, July 18**

9 am-3:30 pm

Deadline to register: Wednesday, June 3

## Contact

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(319) 384-5089