



Winter 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

Tuesdays, Jan. 21- March 10

3:00-5:30 pm

UI Hospitals & Clinics

Extended Session: Feb. 29, 2020

Deadline: Jan. 16, 2020

Session 2

Wednesdays, Jan. 22 –March 11

5:30-8:00 pm

UI Hospitals & Clinics

Extended Session: Feb. 29, 2020

Deadline: Jan. 16, 2020

Contact

mindfulness@uiowa.edu

319-384-5089

Registration

Attend one of the required informational sessions:

Tuesday, Dec. 10 @ 3:00 pm

Wednesday, Dec. 18 @ 5:30pm

Tuesday Jan. 7 @ 3:30pm

Wednesday, Jan. 8 @ 5:30pm

Tuesday, Jan. 14 @ 4:30pm

Thursday, Jan. 16 @ Noon

Location for Information Session

UIHC: Conference room 2717 John Pappajohn Pavilion

University of Iowa Hospitals & Clinics (Elevator I, 2nd floor)

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 with a health coach.