

Mobilize your mind and body to take charge of your life and cope more effectively with stress...

For 25 years, people who are a lot like you have chosen to become active participants in their health and well being.

Two decades of published research indicate that the majority of people who complete our Program report:

- ✱ An ability to cope more effectively with both short and long-term stressful situations
- ✱ An increased ability to relax
- ✱ Lasting decreases in physical and psychological symptoms
- ✱ Reduction in pain levels and an enhanced ability to cope with pain that may not go away
- ✱ Greater energy and enthusiasm for life

We call our approach Mindfulness-Based Stress Reduction or MBSR...

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you — consciously and systematically working with your own stress, pain, illness, and the challenges and demands of everyday life.

Making a commitment to improving your health...

Fortunately, mindfulness is not something that you have to "get" or acquire. It is a natural human capacity — a powerful resource you can become familiar with and harness for coping, for growing, for moving towards greater levels of health and well-being.

Participating in the Stress Reduction Program *does* require a commitment to yourself and to us. You will be asked to attend all classes and practice daily home assignments for 45-60 minutes per day.



If you enroll, you will learn:

- ✱ Practical coping skills to improve your ability to handle stressful situations
- ✱ Methods for being physically and mentally relaxed and at ease
- ✱ Gentle, full-body conditioning exercises to strengthen your body and release muscular tension
- ✱ To become increasingly aware of the interplay of mind and body in health and illness
- ✱ To take responsibility for improving your own health
- ✱ To face change and difficult times in your life with greater ease
- ✱ To discover and develop your ability to help yourself move towards greater balance, control, and peace of mind

The course is challenging and life-affirming. The instructors are accomplished and skilled at creating a safe, supportive, and deeply engaging learning environment. The course schedule consists of eight weekly morning or evening classes and one day-long class on a Saturday or Sunday. Courses are offered in fall, winter, spring, and summer. As a participant, you will receive:

- ✱ Guided instruction in mindfulness meditation and mindful Yoga practices
- ✱ Individually tailored instruction
- ✱ A range of exercises to enhance awareness in everyday life
- ✱ Exercises and methods to enhance interpersonal communication skills
- ✱ Daily assignments
- ✱ Two guided mindfulness audio-cassettes or CDs and a workbook

People participate for conditions diverse as...

- ✱ Stress — job, family or financial
- ✱ Heart disease
- ✱ Cancer
- ✱ Chronic pain
- ✱ High blood pressure
- ✱ Asthma
- ✱ GI distress
- ✱ Fibromyalgia
- ✱ Headaches
- ✱ Sleep disturbances
- ✱ Fatigue
- ✱ Anxiety and panic
- ✱ Skin disorders

Many enroll because they say the pace of their lives is "out of control" or they're "just not feeling quite right," even though they are feeling well physically.

Orientation Sessions...

Prior to the start of classes, we conduct Orientation Sessions to provide you with a first-hand *taste* of mindfulness, an opportunity to better understand the course and a chance to meet our instructors. These Orientation Sessions are free of charge and are a pre-requisite to program participation.

Morning and evening Orientation Sessions are scheduled throughout September, January, April and May for the fall, winter, spring, and summer cycles respectively. They meet in the Shaw Building at the University of Massachusetts Medical School Campus, 419 Belmont Street, at the corner of Belmont (Rt. 9) and Lake Avenue.

How to enroll...

Call (508) 856-2656 early to reserve your place in an Orientation Session or to receive additional information and a registration packet.

The cost of the Program...

The tuition cost is \$600 and includes all materials. The Program is entirely supported through tuition. We offer a sliding scale based on household income.

HOUSEHOLD INCOME	TUITION
\$50,000 or greater	\$600 (\$540, if paid in full at time of registration)
\$40,000 – \$49,000	\$525
\$39,000 and under	\$450

Tuition may be paid in full at time of registration or in six monthly payments (charged to Visa, MasterCard, or Discover). Because our goal is to make the Program available to those who could benefit without regard to ability to pay, alternative payment options may be considered. For more information, contact the Center for Mindfulness at (508) 856-2656.

Background...

The Center for Mindfulness in Medicine, Health Care, and Society is in the Department of Medicine within the Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School. For twenty-five years, we have taken a leadership role in mind-body medicine, pioneering the integration of mindfulness meditation and other mindfulness-based practices into mainstream medicine through patient care, research, medical and professional education, and to the larger society through outreach and public service initiatives.

The Stress Reduction Program is the oldest and largest academic medical center-based stress reduction program in the United States. Founded in 1979, it has been featured in the Bill Moyers' PBS documentary *Healing and The Mind*, on NBC's *Dateline*, on ABC's *Chronicle* and in various national print media and is the subject of Jon Kabat-Zinn's best-selling book, *Full Catastrophe Living* and Saki Santorelli's book, *Heal Thy Self*. Since its inception, more than 15,000 people have completed our eight-week Mindfulness-Based Stress Reduction Program and learned how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. The central focus of the Program is intensive training in mindfulness meditation and its integration into the challenges/adventures of everyday life.

We live in stressful, turbulent times. The pace of life is accelerating exponentially; uncertainty, endless change, and countless demands are the norm. These everyday challenges can and often do adversely affect our health and well-being. In the face of this, it is critically important to realize that we have the strength, stability, and resilience within us for effectively meeting these challenges. Mindfulness is a way for you to access these inner resources.

More than 15,000 people, a lot like you, have found the Stress Reduction Program to be a powerful means for taking charge of their lives. They report coping with stressful situations more effectively and experiencing less physical and psychological distress. They say that they feel more relaxed and in control and have more enthusiasm and energy for life. Simultaneously, they report being more awake and connected to themselves and to the people with whom they live and work.

I hope that you will join with us in this challenging adventure.

Sincerely,

Saki F. Santorelli, EdD, MA
Executive Director, Center for Mindfulness
Assistant Professor of Medicine

**Here's what a few of our
15,000 graduates have said...**

"The Stress Reduction Program became my life line — It literally saved my life. One can find peace and calm in the middle of chaos and confusion." — Amy



"The techniques I learned, particularly meditation, have proven so powerful and helpful..." — Bob



"I never thought once I started living in constant pain that I would ever be able to have peace of mind and enjoy life again. Thank you for proving me wrong." — Elaine



"I became aware that when I was acting on impulse, I could stop and not just react. It changed my life." — Wesley



"Thanks UMass, for one of the best gifts I've ever received... Real tools for a healthy, vibrant, mindful life." — Linda



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and Society**

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The Stress Reduction Program

**Powerful methods
for reducing stress
and learning to
actively participate
in your health and
well-being**



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