



# Getting Unstuck

Mindfulness-Based Stress Reduction

STRATEGIC INTENT

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# Getting Unstuck

## Mindfulness-Based Stress Reduction

**Getting Unstuck is designed to help you reduce your stress, calm and clarify your mind, cultivate and sustain your capacity to pay attention and create more purposeful action. Current research indicates that training in mindfulness-based stress reduction can lead to more effective handling of negative emotions under stress. In addition, studies have shown an increase in the body's immune response and an improved ability to deal with physical discomfort.**

Based on research from the emergent field of mind-body medicine, Getting Unstuck will help you take responsibility for your own well-being. It offers mindfulness experiences which will guide and support you long after the course is completed.

### What is mindfulness?

Mindfulness is defined simply as “moment by moment, non-reactive, non-judgemental awareness.” In Getting Unstuck, you will be invited to participate in the adventure of the present moment, to see all this moment has to offer and to increase your capacity to choose a purposeful course of action.

### Potential Benefits

Potential benefits of mindfulness training include:

- the ability to more effectively manage your stress and your workload;
- making conscious choices in an ever-changing environment; and
- a positive increase in your psychological well-being.

### Primary Learning Outcomes

Participants will:

- learn a variety of mindfulness modalities, including mindful breathing, meditation and body awareness;
- increase the ability to choose their response, regardless of the circumstances;
- have an understanding of the mind/body physiology as it relates to stress;
- be exposed to the current research in mind/body medicine as it relates to stress reduction; and
- self-assess, pre- and post-course, their ability to manage stress.

### Workshop Structure

Getting Unstuck is an 8 week course, comprising weekly, 1.5 - hour sessions – with the exception of Week 7, which is a day-long workshop. Participants will receive a guided meditation CD to support them in their homework assignments.