



# Mindfulness-Based Stress Reduction (MBSR)

With Dr. Theresa O'Halloran LIMHP



## What is Mindfulness-Based Stress Reduction (MBSR)?

The purpose of MBSR is to learn, explore, experience, and practice mindfulness practices in a group setting and at home. These practices are designed to increase our present moment awareness and to use this awareness to approach the stress in our lives differently.

## Who is this for?

MBSR is a time and research-tested method for:

- Bringing greater ease into one's life and learning to live more fully
- Assisting individuals with physical concerns such as chronic pain, cancer, cardiac and stress-related disorders, and emotional concerns
- Reducing anxiety and depression
- Assisting those dealing with life transitions

## Get started with the next class:

You can call 402-934-1617 to sign up or go online at [omahaic.com](http://omahaic.com). Questions you can call or email Stevie Jelden at [s.jelden@omahaic.com](mailto:s.jelden@omahaic.com).

## What can I expect when I come?

In MBSR class, we will learn

- Mindfulness meditation practices
- Mindfulness activities in everyday life
- Body centered mindfulness
- Yoga
- Walking meditation
- The MBSR Stress model

At home, you will practice daily 45-60 minutes with guidance from in-class practice, MBSR manual and audio recordings of the practices. Home practice is key to learning, deepening your growth, and learning to manage your stress differently.

## When is it?

- January 22<sup>nd</sup> for 9 weeks
  - 6:00-8:30 PM
  - Omaha Integrative Care **MAIN**
- March 16<sup>th</sup> for 9 weeks
  - 1:00-3:30PM
  - Omaha Integrative Care **MAIN**

## What is the cost?

- \$395 for 9-week session & retreat day
- Includes MBSR journal, meditation and yoga recordings