

Valley Preferred



Mindfulness-Based Stress Reduction

Don't we all have too much to do and not enough time to do it? Has the stress of life made it difficult for you to enjoy your life the way you would like? Mindfulness is the innate human capacity to pay attention to the present moment with an attitude of openness and receptivity. Mindfulness-Based Stress Reduction (MBSR) can help you to recognize how stress affects your life and teach you ways to manage it. Mindfulness practice can be transformative as you are more able to be the person you have always wanted to be: happier, healthier and more relaxed.

LVHN Center for Mindfulness

The Center for Mindfulness at Lehigh Valley Health Network (LVHN) is a collaborative effort of family medicine and psychiatry, founded in 2001. Our MBSR course is modeled after the work of Jon Kabat-Zinn, PhD, and the University of Massachusetts Medical School's Center for Mindfulness. More than 1,750 participants have received MBSR training through LVHN.

Developing a daily meditation practice is a core objective of our MBSR program. You will be provided practice materials to enrich your classroom experience and to support your daily practice. The program consists of eight weekly 2½ hour classes and a half-day Saturday retreat. The class welcomes participants 18 years and older, and will be covered by My Total Health benefit (for LVHN employees). All participants must attend a free information session to register for MBSR classes. There you will gain first-hand knowledge about our programs and determine if the class is right for you.

MBSR creates a safe and supportive environment in which you will learn:

- How to cultivate the awareness of physical sensations in the body
- Meditation practices that improve focus and attention
- How to recognize signs of stress and intervene earlier
- How to change your relationship with stress, chronic pain or illness
- Strategies to improve confidence and self-esteem

For additional information please call 888-402-LVHN Monday - Friday: 7 a.m. - 8 p.m. or Saturday: 9 a.m. - 5 p.m., or visit: <https://www.lvhn.org/mindfulness-based-stress-reduction>