

MBSR Overview

This playbook describes the basics of Mindfulness-Based Stress Reduction (MBSR), a structured program aimed at reducing stress through the practice of mindfulness techniques.

Step 1: **Introduction**

Learn about Mindfulness-Based Stress Reduction (MBSR), its origins, purposes, and the benefits reported by participants.

Step 2: **Core Concepts**

Understand the key concepts of mindfulness, such as paying attention to the present moment non-judgmentally and the concept of beginner's mind.

Step 3: **Techniques**

Explore the main techniques used in MBSR, including formal practices like meditation and yoga, as well as informal practices like mindful eating and walking.

Step 4: **Program Structure**

Familiarize yourself with the typical structure of an MBSR program, which usually involves 8 weekly group sessions and one all-day silent retreat, along with daily homework.

Step 5: **Scientific Evidence**

Review the scientific studies that have been conducted to evaluate the effectiveness of MBSR in reducing stress and improving mental health.

General Notes

Accessibility

Consider how you can access MBSR programs, whether through local in-person sessions or online options.

Commitment

Reflect on your ability to commit to the full program, as regular practice and participation are crucial to experiencing the benefits.