# Mindfulness Based Stress Reduction (MBSR)

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based programme designed to help individuals manage stress, anxiety, depression, and chronic pain. Developed by Dr. Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical School, MBSR combines mindfulness meditation and yoga to promote physical and mental well-being.

**Key Components of MBSR**

* Mindfulness Meditation: Focusing on the present moment non-judgmentally, allowing individuals to observe their thoughts and feelings as they arise without getting caught up in them.
* Body Scan: A meditation practice that involves paying attention to different parts of the body in a gradual sequence, promoting relaxation and awareness of bodily sensations.
* Mindful Movement: Gentle yoga and stretching exercises that are performed mindfully, enhancing body awareness and reducing physical tension.
* Group Discussions: Facilitated group discussions that provide support and help participants share their experiences and insights gained from the practices.

**Benefits of MBSR**

Research has shown that MBSR can lead to significant improvements in both physical and psychological health. Some of the benefits include:

* Reduction in stress, anxiety, and depression
* Decreased symptoms of chronic pain
* Improved sleep quality
* Enhanced ability to cope with stressful situations
* Greater overall well-being and life satisfaction
* Participants often report feeling more relaxed, having better self-esteem, and experiencing a greater sense of control over their lives after completing the program​me

**Studies/Articles that have shown its efficacy and value:**

Harvard: <https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>

Corporate Wellness and Mindfulness: <https://www.corporatewellnessmagazine.com/article/mindfulness-in-the-workplace-where-peacefulness-and-productivity-intersect>

Harvard: Eight Weeks to a Better Brain: <https://news.harvard.edu/gazette/story/2011/01/eight-weeks-to-a-better-brain/>

National Institutes for Health - Mindfulness Practice: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004979/>

Inc. Magazine: Why Google, Nike, and Apple Love Mindfulness Training, and How You Can Easily Love It Too: <https://www.inc.com/marissa-levin/why-google-nike-and-apple-love-mindfulness-training-and-how-you-can-easily-love-.html>

**How to Participate**

MBSR programs are widely available in various settings, including hospitals, clinics, and wellness centers. Many programmes are also offered online, providing flexibility for participants. Courses typically require a commitment to attend weekly sessions and engage in daily mindfulness practice.

**MBSR Courses in Partner Countries**

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| Ireland | Germany | Czech Republic | Portugal | Cyprus |
| Cork Mindfulness: [Link](https://corkmindfulness.ie/mindfulness-based-stress-reduction/) | Institute for Mindfulness-Based Approaches: [Link](https://www.institute-for-mindfulness.org/) | Mindfulness Club Prague: [Link](https://mindfulnessclub.cz/) | Centre of Mindfulness Portugal: [Link](https://www.serintegral.pt/en/mindfulness-programs#:~:text=At%20Ser%20Integral%3A%20Portuguese%20Center%20for%20Mindfulness%2C%20the%20MBSR%20is,intensive%20session%20of%206%20hours). | Mindfulness Cyprus: [Link](https://www.mindfulnesscyprus.com/) |
| The Mindfulness Centre Dublin: [Link](https://www.mindfulness.ie/) | Abor Seminare: [Link](https://www.arbor-seminare.de/) |  |  | European Institute of Applied Buddhism (host mindfulness courses and retreats in Cyprus): [Link](https://www.eiab.eu/) |
| Discovering Mindfulness: [Link](https://www.discoveringmindfulness.ie/) |  |  |  |  |