Six-Week Stress Reduction

2021 Course

# Instructor Information

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# General Information

## Description

Thank you for joining our six-week Stress Reduction Program regarding the effect of COVID-19 on our daily lives. In this mindfulness program, you will develop ways to reduce and/or cope with everyday stressors associated with the impact of COVID-19.

## Expectations and Goals

To assist you in finding ways to manage stress and cope with a changing society resulting from Covid-19.

# Course Materials

## Required Materials

A laptop, computer, tablet, or smartphone, and internet service.

* Come with an open mind
* Come with a positive mindset

## Optional Materials

Candles, yoga mat, diffuser, thin blanket, bolster pillow

## Required Text

N/A

# Course Schedule

| Week | Topic | citations | Exercises |
| --- | --- | --- | --- |
| Week 1 | What is Mindfulness-Based Stress Reduction (MBSR)? | Caffrey, C. (2019). Mindfulness-based stress reduction (MBSR). *Salem Press Encyclopedia of Health*. | Guided-mindfulness yoga and Pranayama (working with the breath). |
| Week 2 | Working on Awareness. | Lev, A., & McKay, M. (2017). *Acceptance and commitment therapy for couples: a clinician’s guide to using mindfulness, values & schema awareness to rebuild relationships*. Context Press. | Pranayama & movement. Awareness of the mind and body. “Acceptance and commitment…” speak about the importance of awareness. |
| Week 3 | Responding as opposed to reacting. | Fraenkel, P., & Cho, WL (2020). Reaching Up, Down, In, and Around: Couple and Family Coping During the Coronavirus Pandemic. *Family Process*, *59* (3), 847–864. https://doi.org/10.1111/famp.12570 | Guided-mindfulness body scan.  Coping with change with optimism. |

# Part two:

| Week | Subject |
| --- | --- |
| Week 4 | We are working on being in the moment (the now). |
| Week 5 | Awareness of thoughts, feelings, and emotions without judgment. |
| Week 6 | The breath, movement, and building strength (mentally and physically). |

# Additional Information and Resources

## The Benefit of the Course

Mindfulness makes us more aware of ourselves and our surroundings. When we practice mindfulness, we are choosing to self-regulate our stressors and anxiety. According to Positive Psychology, “mindfulness is considered a key element to fighting stress. Benefits of mindfulness include decreased symptoms of stress, anxiety, obsessive-compulsive disorders, increased well-being, and depression (para. 7). Retrieved from <https://positivepsychology.com/benefits-of-mindfulness/> When we are mindful, we become aware of ourselves and our surroundings, realizing that we have the power to control our thoughts and emotions. When mindful, we control the day; we do not let the day control us.

## Risks and Discomforts:

In practicing mindfulness, we explore our limits and explore our thoughts and feelings within, often becoming aware of our emotions. A strong sense of sadness, anger, or fear could erupt during a training session. Mindfulness has the power to enlighten and awaken; realization sets in, and people often advance to new levels. According to Rebecca Strauss, LCSW of Thrive Psychology, “A **pro** of mindfulness: You may be able to tap into gratitude, acceptance, and less judgment of the who, what, where, when, and whys of life. You may experience greater self and social awareness, two mental assets that significantly regulate mood and emotions – And a **con**; mindfulness takes work, practice, and personal effort. Sometimes, being more aware can actually increase personal frustration or judgment (para. 4-5). Retrieved from <https://www.thrivepsychotherapyllc.com/blog/2017/10/11/the-pros-and-cons-of-mindfulness> Mindfulness leaves us alone with our thoughts, and this is where breakthroughs often happen; in silence, answers are often revealed.

Citations:

Caffrey, C. (2019). Mindfulness-based stress reduction (MBSR). *Salem Press Encyclopedia of Health*. Retrieved from <https://eds.b.ebscohost.com/eds/detail/detail?vid=1&sid=1d08eb93-3832-4abb-a2a4-576668736b58%40pdc-v-sessmgr04&bdata=JkF1dGhUeXBlPXNzbyZzaXRlPWVkcy1saXZlJnNjb3BlPXNpdGU%3d#AN=137502368&db=ers>

Fraenkel, P., & Cho, WL (2020). Reaching Up, Down, In, and Around: Couple and Family Coping During the Coronavirus Pandemic. *Family Process*, *59* (3), 847–864. <https://doi.org/10.1111/famp.12570> Retrieved from <https://eds.b.ebscohost.com/eds/detail/detail?vid=22&sid=1d08eb93-3832-4abb-a2a4-576668736b58%40pdc-v-sessmgr04&bdata=JkF1dGhUeXBlPXNzbyZzaXRlPWVkcy1saXZlJnNjb3BlPXNpdGU%3d#AN=145667265&db=pbh>

Lev, A., & McKay, M. (2017). *Acceptance and commitment therapy for couples : a clinician’s guide to using mindfulness, values & schema awareness to rebuild relationships*. Context Press. Retrieved from <https://eds.b.ebscohost.com/eds/detail/detail?vid=8&sid=1d08eb93-3832-4abb-a2a4-576668736b58%40pdc-v-sessmgr04&bdata=JkF1dGhUeXBlPXNzbyZzaXRlPWVkcy1saXZlJnNjb3BlPXNpdGU%3d#AN=wculc.9919115544803573&db=cat07743a>