

MINDFULNESS

Based Stress Reduction Program



Stress is a normal part of everyday life. The current amount of physical, mental and social stress many are experiencing in U.S. society, however, is *not normal*.

Research confirms that unrelenting chronic stress can eventually exhaust the body, overwhelm the brain and predictably lead otherwise healthy individuals to a less functional depleted state.

What is Mindfulness?

Mindfulness is a way of learning to pay attention in a sustained and particular way, on purpose, in the present moment to whatever is happening in your life. Learn how to actively engage in and improve your ability to take better care of your own health and well-being and discover peace of mind, a sense of balance, and the ability to manage and enjoy life on a day to day basis. Learn how to explore your physical, mental and emotional experiences and how

This 8-week course will provide:

- * Guided instruction in mindfulness meditation practices.
- * Gentle stretching and mindful yoga
- * Group dialogue and mindful communication exercises

Who this program can help –

Individuals who are experiencing:

- * **Stress**—personal, work, school, family, illness, grief, financial, etc.
- * **Psychological/emotional distress** including anxiety, depression or panic
- * **Medical conditions** such as chronic pain or fatigue, high blood pressure, fibromyalgia, heart disease, asthma, sleep disturbances, irritable bowel syndrome, etc.
- * **A feeling of being “out of control” or “out of balance.”**

Davis Behavioral Health
Davis Mindfulness Center
476 Heritage Park Blvd, Suite 120, Layton

Fall 2023

September Wednesday Morning Session (in-person)

Time: 9:30am-12:00pm

Dates: **Orientation:** Wednesday, September 20, 9:30am

Class: Wednesdays, September 20—November 15
9:30am-12:00pm

All-Day Retreat: Saturday, November 4,
9:00am-4:00pm

September Wednesday Evening Session (in-person)

Time: 6:30-9:00pm

Dates: **Orientation:** Wednesday, September 20, 6:30pm

Class: Wednesdays, October 4 - November 29
(no class November 22)
6:30-9:00pm

All-Day Retreat: Saturday, November 11,
9:00am-4:00pm

To Register: www.dbh.utah.org/mindfulness

Or, contact Angie Smith 801-773-7060

Cost: \$250

Scholarships available