

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.
- Explore your physical, mental and emotional experiences and how to develop and strengthen inner resources for coping, growing, and healing

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.”**

This 8-week course will provide:

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

Davis Behavioral Health

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

August 2024 Evening Session

Time: 6:30pm-9:00pm
Dates: Orientation: Thursday, August 15, 6:30pm
Class: Thursdays, August 22 - October 10
All-Day Retreat: Saturday, September 28, 9:00am-4:00pm

September 2024 Evening Session

Time: 6:30-9:00pm
Dates: Orientation: Tuesday, September 10, 6:30pm
Class: Tuesdays, September 17 - November 5
All-Day Retreat: Saturday, October 26, 9:00am-4:00pm

September 2024 Evening Session

Time: 6:30-9:00pm
Dates: Orientation: Wednesday, September 18, 6:30pm
Class: Wednesday, September 25 - November 13
All-Day Retreat: Saturday, November 2, 9:00am-4:00pm

October 2024 Morning Session

Time: 9:30am-12:00pm
Dates: Orientation: Tuesday, September 24, 9:30am
Class: Tuesdays, October 8 - November 26
All-Day Retreat: : Saturday, November 16, 9:00am-4:00pm

COST: \$250

Scholarships Available

To register: dbh.utah.org/mindfulness

OR call Angie Smith: 801-773-7060

