

# **Mindfulness Practice for Stress and Coping**

Offered through Northwestern University and the Family  
Institute at Northwestern University

## **What is mindfulness practice?**

Mindfulness practice is a form of meditation that involves learning how to pay a special kind of attention to one's experience. This special attention involves three elements: awareness, of the present moment, with acceptance. With these elements as objectives, mindfulness practitioners develop the capacity to stay conscious of physical, emotional, and psychological, as well as external events, with increasing calmness of mind, with less preoccupation with the past, or worry about the future.

## **What are some of the benefits of mindfulness practice?**

In addition to greater calmness of mind and fewer worries about the future, research has shown that many people experience other benefits from mindfulness practice. They include: reduced physical pain, improvements in depression, decreases in stress, improved immune function, and decreased anxiety to name a few.

## **What is the Mindfulness Practice for Stress and Coping (MPSC) Program?**

MPSC is a group that will meet for 90 minutes, once per week, for 8 weeks. Each week, participants will learn a different set of mindfulness practices which will include seated meditation, movement meditation, and yoga. Each mindfulness practice will be done in group, and discussion time will allow members to ask questions about the practices learned that day. Suggestions will be given for how to incorporate each practice into day-to-day life. Each group meeting will also allow time to discuss how home practice is going.

A research component of the program will involve a series of assessments at the beginning and end of the program to what benefits group members may have experienced. The research component will help us further develop the program's effectiveness, and with the intention of being able to bring this kind of program to more people in the future.

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