

# Learn *new options* for handling stressful circumstances

*A workshop designed to help people reduce the effects of stress and live a more authentic life*

## A Taste of

# Mindfulness

**Stress.** Just reading that word can evoke a feeling of tension. For some of us, it is an occasional feeling; for others, it is a frequent, chronic condition. In a recent edition of *Businessweek* magazine, Dr. Herbert Benson of Harvard Medical School attributed 60 percent of doctor visits to stress related ailments.

**Mindfulness** may be defined as non-judgmental, moment-to-moment awareness. It can be developed through some types of meditation and other practices.

*“Mindfulness provides a simple but powerful route for getting ourselves unstuck, back into touch with our own wisdom and vitality. It is a way to take charge of the direction and quality of our own lives.” - Jon Kabat-Zinn, Ph.D.*

### Benefits of Mindfulness:

Meditation and other mindfulness practices can help anyone to live life more fully, peacefully, and resourcefully. Clinical research has shown that a regular mindfulness practice can help with:

- Medical conditions such as chronic pain, fibromyalgia, heart disease, asthma, emphysema, gastrointestinal problems, cancer, sleep and skin disorders, and immune problems.
- Chronic and short-term stress due to work, life changes, family issues, and illness.
- Psychological and emotional concerns such as anxiety, phobias, panic, grief, and depression.

*“There is mounting evidence that cultivating mindfulness can increase our enjoyment of life, expand our capacity to cope with illness, and possibly improve our physical and emotional health... It can reduce stress and may help other treatments work better.”*

Harvard Women’s Health Watch Newsletter, Harvard Medical School

### Workshop Info:

This 2 hour session offers a gentle, experiential introduction to the practices that cultivate mindful awareness. It is suitable for all adults, regardless of any health challenges. Participants will:

- Participate in a variety of mindfulness practices.
- Learn options for developing a practice suitable for them.
- Receive a list of recommended books, audio programs and other resources.
- Learn about current medical research on mindfulness

### About the Instructor:

David Spound, M.Ed., has created and led a wide range of educational programs for businesses and individuals. He first learned meditation as a teenager, and he has studied with teachers from a variety of meditative and contemplative traditions. David enrolled in the *Mindfulness-Based Stress Reduction* (MBSR) course while searching for relief from debilitating back pain. Inspired by his experience, he enrolled in teacher training at the Center for Mindfulness at UMass Medical, an organization co-founded by Jon Kabat-Zinn, Ph.D., developer of MBSR. David now offers the complete MBSR course in addition to *A Taste of Mindfulness*.

*“My intention is to help people become more aware of the effects of stress in their lives, understand its inner and outer causes, and be empowered to make choices that lead to greater health and well-being.”*

### For workshop dates and registration:

- [www.valleymindfulness.com](http://www.valleymindfulness.com)

### Contact and questions:

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