

# Getting Unstuck

## Mindfulness-Based Stress Reduction





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Getting Unstuck is designed to help you reduce your stress, calm and clarify your mind, cultivate and sustain your capacity to pay attention and create more purposeful action. Current research indicates that training in mindfulness-based stress reduction can assist with difficulties such as: unregulated stress, states of anxiety, depression, distress, anger/irritation, fatigue, headaches, chronic pain and ongoing illness. Mindfulness cultivates resilience by establishing a practice of restorative relaxation, improving immune functioning and nervous system regulation, increasing concentration, clarity and creativity, changing unconscious habits, neural track changes to more positive emotions, enhancing empathy and emotional regulation, cultivating self discipline and commitment, and accessing connection to your core values.

Based on research from the field of mind-body medicine, Getting Unstuck will help you take responsibility for your own well-being. It offers mindfulness experiences that will guide and support you long after the course is completed.

## What is mindfulness?

Mindfulness is defined simply as ‘the awareness that arises by paying attention on purpose, in the present moment, with kindness, curiosity and openness.’ In Getting Unstuck, you will be invited to participate in the adventure of the present moment, to see all this moment has to offer and to increase your capacity to choose a purposeful course of action.

## Potential Benefits

Potential benefits of training in mindfulness-based stress reduction include:

- The ability to more effectively manage your stress and workload;
- The ability to work with physical and emotional discomfort;
- Increase response flexibility rather than reactivity;
- Improved relationships;
- Increase in psychological well-being;
- Better immune system function and much more.

## Course Structure

Getting Unstuck is an experiential course running 2.5 hours weekly for eight weeks. Between weeks 5 and 6 there is an all-day workshop that is run on a weekend day. Participants will receive a workbook and guided meditations to support them in the homework assignments.