

Thank you so much for considering the upcoming Mindfulness-Based Stress Reduction Course (MBSR).

By joining this course, you're embarking on a journey to acquire lifelong skills that can profoundly enhance your well-being and resilience, even amidst life's challenges like stress, illness, or pain. I'm excited to share more details about what this course entails, clarify who might benefit most from it, and outline our expectations for participation to maximize your learning and growth.

This course is designed to be deeply experiential. A significant part of your learning will come from direct engagement in mindfulness practices during our sessions and in your daily life. Over the 8 weeks, you'll explore your own experiences, emotions, habits, and thought patterns in a safe and supportive environment that I am committed to fostering.

Here's what you can expect:

- Guided mindfulness meditations and compassion practices
- Gentle stretching and mindful movement exercises
- Engaging small group discussions to deepen awareness
- Personalized guidance on applying mindfulness in your unique circumstances
- Access to guided audio tracks for daily meditation practice (around 30-45 minutes)

Learning to be present requires practice, much like any other skill. I encourage you to commit to daily mindfulness practice throughout the course. I understand how demanding daily life can be, and I acknowledge that formal meditation can present its challenges. However, it can also serve as an anchor during life's toughest moments. While I will provide guidance and support, your dedication to this practice will ultimately shape your experience.

While there's no required reading, Jon Kabat-Zinn's "Full Catastrophe Living" (2013) may be a valuable resource for those interested.

It's important to note that this course may not be suitable for everyone. If you are currently undergoing psychotherapy, I recommend discussing this course with your therapist to determine its appropriateness for your situation. Often, it can wonderfully complement the work you're doing with your therapist, but ultimately, you and your therapist are in the best position to decide if it's the right fit for you. Similarly, if you are experiencing severe depression, or thoughts of self-harm or suicide, I encourage you to seek support from a mental health professional.

Thank you once again for your interest in joining us on this journey, where transformation and change are within reach. I am truly excited about the opportunity to guide you through this experience. Should you have any questions or need further information, please don't hesitate to reach out via email at jhogge53@uw.edu.

Warm regards,

Jennifer Hogge