



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

Kudos! Your interest in taking this course is a first step for learning life-long skills that will help you face the many challenges, and uncertainties with more skill, wisdom and even flourish in the midst of a continuing pandemic, social upheavals and much uncertainty. The intention in writing this note is to clarify the course format, and expectations, and suggest ways your participation can maximize learning and positive transformation.

For this initial Live online format of MBSR, the class size will be limited to 16 (instead of 24 for the in-person class). We will have small group and larger group discussions. This smaller class size will enhance participation, interaction and connection among the participants, and with the instructor. Your participation with video is highly recommended and will contribute to class cohesion and interactions.

Most of your learning and insight will arise from your direct experience during the class time and home practices. Throughout the 8 weeks, you will learn new ways of working with your own experience of stress, pain and the challenges of daily life. I will do my best (with your participation and collaboration) to create a safe and supportive environment:

- Guided instructions for practices in mindfulness meditation
- Gentle stretching and mindful yoga
- Compassion and kindness practices
- Small group and class discussions aimed at enhancing awareness in everyday life
- Daily formal home practice is encouraged (strong intention and any effort are great!)
- Confidentiality on who and what is shared in the group

The 2 ½ hour weekly online class can seem daunting. Yet, this experience is quite different than a typical 2 ½ hour Zoom meeting or class. Much of the class time is dedicated to being guided in a meditation practice or reflection (when one would not be looking at a screen). Good news - MBSR can yield many health benefits and can even be life-changing for some participants. Optimal benefit will be gained through a strong motivation, realistic commitment, regular class attendance and daily practice (if possible), all held with kindness to oneself, curiosity and patience. Research shows that taking a MBSR course lessens depression and anxiety for many people. However, taking this course would not be a good fit if you have intentions of self-harm, suicide or other severe psychiatric conditions at this time. I'd strongly encourage you to seek care and support from professional mental health clinicians.

It's been a true privilege to teach this course and observe the fresh perspectives and positive changes some participants have made in their lives. Your learning is very important to me. I will do my best to meet you wherever you are, knowing that you are doing your best, and to support your growth and flourishing.

Thanks for your interest in registering for this course. Please email me [ehblin@uw.edu](mailto:ehblin@uw.edu) if you have any question.

Sincerely,

Elizabeth Lin