

Handouts

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Research Results

Clinical research findings related to Mindfulness Based Stress Reduction and other Mindfulness-Based programs over the past 20 - 25 years are very encouraging. Those completing these programs consistently demonstrate and report long-lasting improvements such as:

- Improved health-related quality of life
 - Increased sense of life meaning and manageability
 - Reduced anxiety & depression
 - Enhanced self-esteem and activity levels
 - Reduced chronic pain and physical distress
 - Fewer panic type experiences
 - Strengthened immunity
 - Increased social activity and vitality
 - Reduced tension, anger, and fatigue
 - Improved sleep quality
 - Reduced pain-related drug use
 - Improved emotion regulation, reduced anxiety
 - Halved rates of depression
 - Decreased blood pressure
 - Optimal states of relaxed alertness
 - Decreased psychiatric hospitalizations
 - Reduced harmful behaviors
 - Reduced substance abuse
 - Decreased interpersonal problems
 - Fewer and less intense headaches
 - Brain activity associated with positive emotion

www.bemindful.org/mbsrhome.htm

Professional Development Programs

CARE (Cultivating Awareness and Resiliency in Educators)

Garrison Institute

www.garrisoninstitute.org

Courage to Teach

Center for Courage and Renewal

www.couragerenewal.org

Mindfulness Based Stress Reduction

Center for Mindfulness in Medicine, Health Care and Society

University of Massachusetts Medical School

www.umassmed.edu/cfm/mbsr

SMART (Stress Management and Relaxation Techniques) in Education

The Impact Foundation

www.smart-in-education.org

Print

Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything Deborah Schoeberlein

The Mindful Teacher Elizabeth MacDonald and Dennis Shirley

On Line Networks

Association for Mindfulness in Education

www.mindfuleducation.org

Mindfulness in Education Network

www.mindfuled.org