

What is Mindfulness-Based Stress Reduction (MBSR)?

Mindfulness-Based Stress Reduction (MBSR) is a psychoeducational experiential learning program based on the core principle of mindfulness.

The program is offered in a group setting and guided by a skilled MBSR teacher as the curriculum unfolds over 8 weeks. The class meets once a week for 2 ½ hours and is a combination of mindfulness practices, group sharing of experience with practice, and exploration of topics such as mindfulness, stress, and communication. In addition, there is a retreat day of practice that occurs between the 6th and 7th week of the 8-week program. In addition group practice in a supportive classroom environment guided by a professionally trained MBSR teacher, each participant engages in 30 – 45 minutes of daily mindfulness practice between classes, completing “homework” designed to foster the development of the new habit of mindfulness.

Source: <http://www.umassmed.edu/cfm/stress-reduction/faqs/>