



## Veterinary Social Work

# **Mindfulness-Based Stress Reduction (MBSR) Winter Program 2018**

MBSR is a course used to teach mindfulness practice techniques for the alleviation of: Accumulated Daily Stress, Chronic Pain, Anxiety, High Blood Pressure, Depression, and many other conditions exacerbated by stress. MBSR is used predominantly in human hospitals but has also been taught in medical schools and the work place. In addition to alleviating the problems above, researchers have found MBSR effective for strengthening the immune system and generally increasing positive thoughts and emotions. To learn more or register, contact Tressie Brown at [nuchols@utk.edu](mailto:nuchols@utk.edu) or 974-5574. You may also contact the instructor, Dr. Elizabeth Strand, at 755-9021. Read further for course information, class schedule and details.

### **The Practice of MBSR**

We can go through much of our day and even our lives on automatic pilot; not being present moment-by-moment or not having our head and our body in the same place at the same time. In automatic pilot, we are more susceptible to having our 'buttons pushed'. Events around us and thoughts, feelings, and sensations in our mind can trigger old habits of thinking and acting that are often unhelpful for this present moment. The aim of the MBSR program is to increase awareness so that we can respond to situations with choice rather than automatic reactions. We can do this by becoming more aware of where our attention is and deliberately changing the focus of our attention, over, and over again. We learn how to do this by formally bringing attention to our body in stillness (body scan), to our body in movement (stretching), and to our thoughts, sensations and emotions (sitting). We also learn to do this with an array of informal mindfulness practices (walking, eating, driving, washing dishes, noticing pleasant and unpleasant events, and communicating with others). In this purposeful moment by moment awareness, we will encounter our many opinions, likes and dislikes, and how these can be impacted by our thoughts, sensations and emotions. Increasing our capacity to observe these without automatically reacting to them is the intention of engaging in the 8-week MBSR life experiment. The results are often beneficial and surprising...

**Orientation Session** Room A118  
Thursday, January 4, 2018 6:00 pm to 7:30 pm

This is a session for potential participants to meet the instructor, ask questions, and get a feel for what the class has to offer. If you would like to attend the 8-week MBSR Class, please come to the orientation session. Those who attend orientation will get a guaranteed place in the class. Those who do not attend orientation may have a space in the class if one is available.

## **Class Schedule**

|      |          |                   |
|------|----------|-------------------|
| 1/8  | Monday   | 6:00pm – 8:30pm   |
| 1/15 | Monday   | 6:00pm – 8:30pm   |
| 1/22 | Monday   | 6:00pm – 8:30pm   |
| 1/29 | Monday   | 6:00pm – 8:30pm   |
| 2/5  | Monday   | 6:00 pm – 8:30pm  |
| 2/11 | Sunday   | 10:30 am – 5:00pm |
| 2/15 | Thursday | 6:00 pm – 8:30pm  |
| 2/19 | Monday   | 6:00pm – 8:30pm   |
| 2/26 | Monday   | 6:00pm – 8:30pm   |

Classes will be held in the Sequoyah Room (A203) at The UT College of Veterinary Medicine  
The fee for this class is \$275.00.

Checks may be made payable to University of Tennessee.

Fees cover cost of materials some of which include workbook and 4 CD's.

## **To Register:**

Please contact Tressie Nuchols at [nuchols@utk.edu](mailto:nuchols@utk.edu) or 865-974-5574

## **What to bring:**

A beverage (preferably without caffeine)

Your notebook and pen, if desired

Wear comfortable clothing suitable for gentle exercises

A pillow, blanket, and mat if you like

A willingness to look at things a bit differently for an 8-week period

## **Instructor:**

Elizabeth B. Strand, Ph.D., LCSW

Director, Veterinary Social Work

email: [estrand@utk.edu](mailto:estrand@utk.edu)

phone: 865-755-9021