

BEAT *STRESS*

With Linda Kantor

- A quarter of the workforce experiences office rage
- 23% of staff feel extreme anger at work
- One in twenty suffer from severe stress
- At least 15% of the workforce experience depression
- Staff absenteeism costs an average of £700 per employee p. a.
- 18 days a year is lost due to anger and stress related illness

Mindfulness Based **Stress Reduction**

What is Mindfulness?

Mindfulness is best defined as moment to moment, non-judgmental awareness. This capacity may sound simple; however, when we take time to purposely attend to the activity of the mind we find that it shuttles continuously between the future and the past. We realise that we are seldom present to the moments of our lives. Mindfulness teaches us that every moment is an opportunity to be present and aware, so that our lives can become the meditation as we learn to dance more creatively with life's challenges and joys.

What is MBSR?

Mindfulness Based Stress Reduction (MBSR) was developed by Dr Jon Kabat-Zinn in 1979 and is now the largest and most well-known stress reduction programme worldwide. It is an integrated programme of relaxation and meditation techniques. Participants are guided towards gaining access to their internal resources for balance and healing through the cultivation of present moment awareness.

In the words of Jon Kabat Zinn "the present moment is the only moment when you're actually alive, so if growth or healing is to occur, its now, not some other moment when you get your life together or get cured". Published studies related to the work of the Stress Reduction Clinic document the following effects

- **Lasting decreases in both physiological and psychological arousal**
- **Increased ability to relax**
- **Greater energy and enthusiasm for life**
- **Improved self esteem**
- **Improved relationships**
- **More creative capacity to cope with stress**
- **Improved concentration**



This two day retreat aims to introduce the practice of mindfulness to participants and to encourage the cultivation and deepening of present moment awareness via a variety of different techniques.

This will include the teaching of the following practices

- **Body Scan**
- **Breath awareness**
- **Sitting Meditation**
- **Gentle yoga progressions**
- **Walking meditation**
- **Eating meditation**
- **Mountain meditation**
- **Loving kindness practice**

These practices will be integrated into group discussion and input about the following topics

- **Stress: what it is and how it affects us**
- **Understanding stress physiology**
- **Meditation: the myths**
- **The mind-body link**
- **Scientific rationale for effective stress management - relaxation response/reacting vs. responding**

Biography

Linda Kantor MA (Health Psychologist) has broad clinical experience, with particular interest in mind/body integration, the impact of stress on illness and the role of self-regulation in the management of disease and is involved in post-graduate research in this area. She received training in Mindfulness Based Stress Reduction at the University of Massachusetts Medical Centre Stress Reduction Clinic. She is also a qualified hypnotherapist and yoga teacher.

Date: Saturday 25th and Sunday 26th June 2005

Start: Sat 9am until Sun 4.30 pm

Costs: £395.00 includes meals and shared accommodation

Venue: Mill Place Farm, East Grinstead
maps will be sent on booking and payment

To book for this programme, please call BAAM's office
tel 0845 1300 286 email: info@angermanage.co.uk

Note: this programme will only have space for 20 people so please book early