

Mindfulness-Based



STRESS REDUCTION EXERCISE

Here is a simple Mindfulness-Based Stress Reduction (MBSR) exercise to practice. Try this a little each day, or at least a few times a week.

- **Get comfortable:**

Sit somewhere you are not likely to be interrupted. Get in a comfortable position. Loosen any clothes that are tight or pinching. If you like, you can close your eyes.

- **Focus on your breath:**

Let your breath come in and go out. Don't try to change it. Just breathe naturally. Your breathing may change on its own as you relax. Notice the change, but don't try to do anything about it.

- **Focus on your body:**

Open your thoughts to the rest of your body. Notice any tightness or discomfort. Don't try to change it; just notice it. Feel it without thinking of it as right or wrong. If your shoulders are tight, what does that feel like?

- **Expand your focus:**

Now focus on things outside your body that you may see, hear, or smell. Don't judge them. Just see, hear, or smell them. This can take some practice. If you find yourself judging or reacting to things, go back to focusing on your breath.

You can use this skill as often as you like. The more you practice, the more helpful it may prove to be. You can try MBSR meditation the next time you're feeling stressed.

Ask your health care practitioner if there are any tests, referrals, or treatments that might be helpful to use along with your current treatment plan.