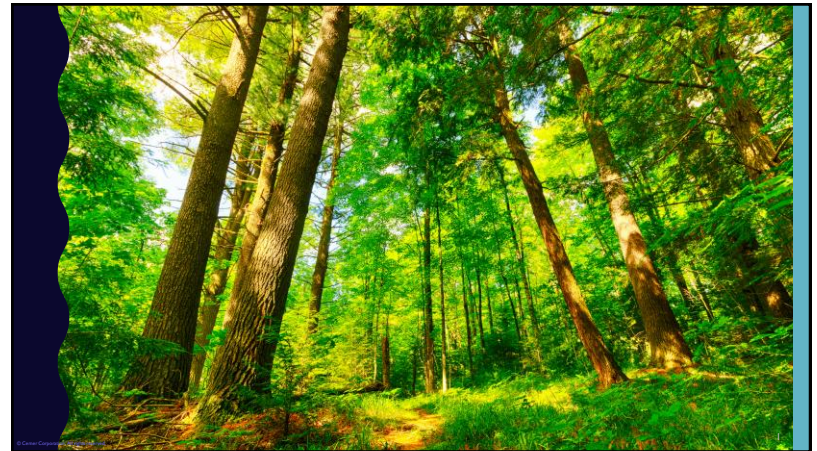


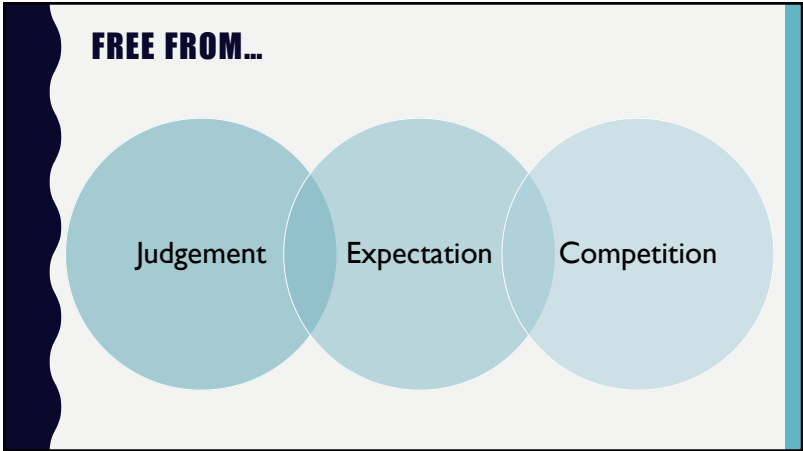
MINDFULNESS BASED RESILIENCE AND STRESS MANAGEMENT

ERIN SCHEPMANN, CTRS MSOD



A dark blue rectangular graphic with a white and light blue wavy border on the left side. The word "MINDFULNESS" is written in large, white, bold, uppercase letters in the center.

MINDFULNESS



RESEARCH FINDINGS

Reduced:

Stress

Rumination

Emotional reactivity

Improved:

Memory

Focus

Cognitive flexibility

Relationships

METHODS OF PRACTICE

Meditation

Body scan

Scent

Delegation

Taking a
break

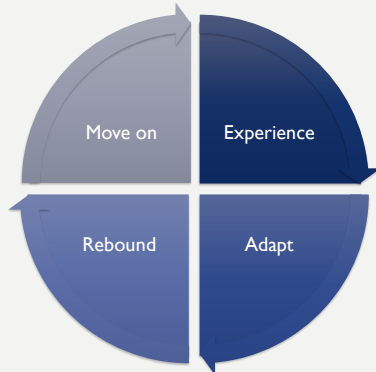
Creating a
trigger

Time
management

Gratitude

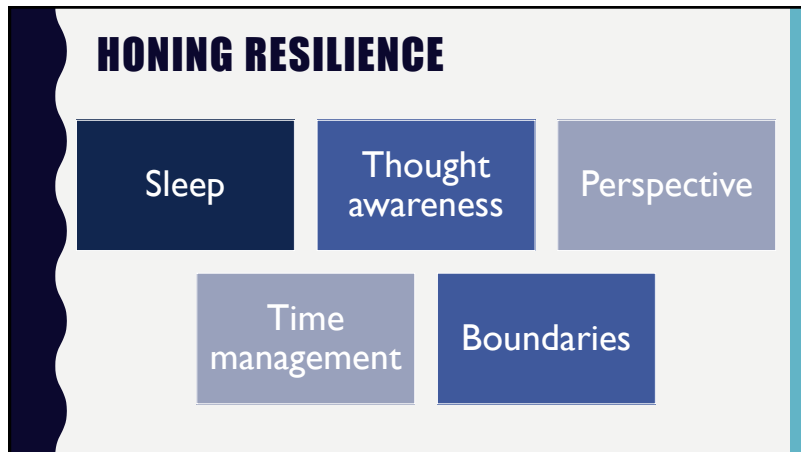


WHAT IS RESILIENCE?



WHY RESILIENCE?





STRESS

Emotional regulation

Paradigm shift

Distress vs. eustress

INVOLUNTARY RESPONSE TO STRESS

Increased perspiration

Increased blood pressure

Increased mental alertness

Increased heart rate

Tense muscles

INEFFECTIVE STRESS COPING SKILLS



STRESS MANAGEMENT

Control

Root cause analysis

Tapping into resources

Mindfulness

