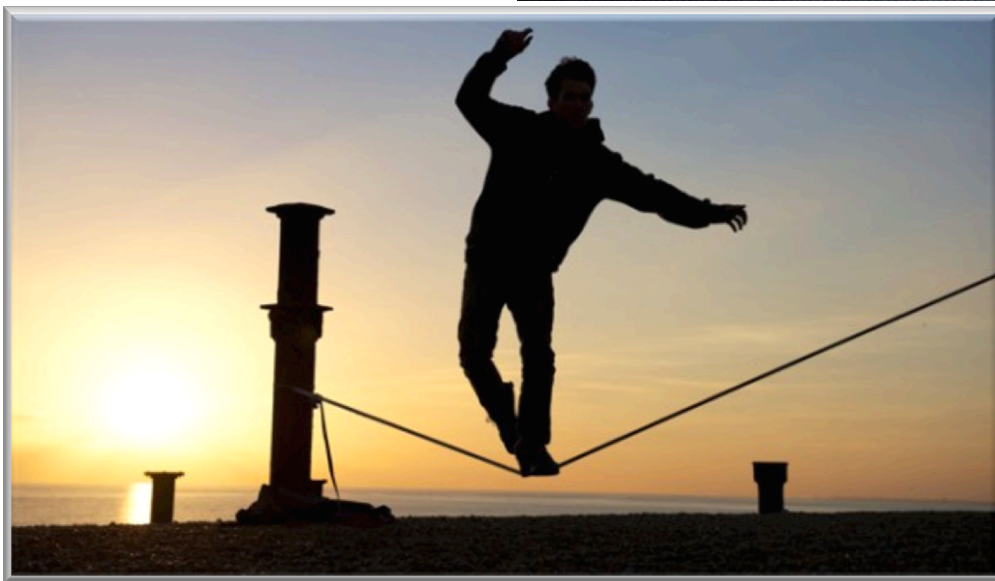


# Mindfulness Based Stress Reduction Class



## Mindfulness Based Stress Reduction for Chronic Pain

- Musculoskeletal Disorders
- Headaches
- Temporomandibular Disorders



- 8 weekly classes
- Small group format (maximum of 5 participants)
- Online access to audio materials to enhance meditation
- Saturday morning classes 9:30-11am
- Learn with others coping with chronic pain

For more information about next class contact:  
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“Pain is not just a **body** problem, it is a whole-systems problem.”

- Jon Kabot-Zinn

## Restoring Balance with Mindfulness

Pain can interfere with our normal activities and lead to a worsening of mood. Negative mood, in turn, increases the intensity of pain.

Over time, pain also adds to stress in the body and, in many cases, increased sensitivity of the nervous system. The combination of pain, negative mood, and high stress can create a loop as each

makes the other worse and we can feel out of balance and out of control.

Mindfulness techniques allow deeper awareness of the current moment and help us find ways to **calm our mind, ease stress in the body**, and not be lost in events of the past or worries of the future.