

# Stress Management and Resiliency Drop-in Sessions



**Students, Staff, Faculty**

**Sequoyah Room  
Wednesday evenings**

**5:15- 6:15 pm**



*Based on the Mindfulness-Based-Stress-Reduction (MBSR) Program founded at  
The University of Massachusetts Medical Center*

MBSR is a course used to teach mindfulness practice techniques for the alleviation of:

- Accumulated daily stress
- Anxiety
- High blood pressure
- Depression
- Chronic pain
- Heart and lung problems

MBSR is used predominantly in human hospitals but has also been taught in medical schools and the work place. This is the first time this practice is extended into the veterinary medical setting. In addition to alleviating the problems above, researchers have found MBSR effective for strengthening the immune system and increasing positive thoughts and emotions.

Engaging the relaxation response takes practice. The more you learn and use the skills the easier it is to recall them during the times they are needed.

**PUT ON SOME COMFORTABLE CLOTHES AND DROP IN**

**Questions? Call Dr. Strand 755-9021**