**An Introduction to Mindfulness-Based Stress Reduction   
(4-Session Group Program)**

**Spring 2023 for WKU Students**



**WKU Zoom Portal:** [**https://wku.zoom.us**](https://wku.zoom.us)

**3:00 p.m. – 4:30 p.m. on Wednesdays, February 15, 22, March 1, & 8**

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This is a shortened version of the Mindfulness-Based Stress Reduction (MBSR) program for college students. MBSR is an evidence-based group program for adults to cultivate mindfulness and develop mindfulness-based skills to cope with various life stressors effectively for a wide range of physical and mental health benefits.

We will meet via Zoom for 4 sessions to deepen our understanding of mindfulness, practice mindfulness-based skills and meditation together, and support one another in building our “mindfulness muscle” (in the brain) by daily practice for a month.

**Attendance to all 4 sessions, some readings from the textbook (*Wherever You Go There You Are: Mindfulness Meditation In Everyday Life* by Jon Kabat-Zinn, about 1 hour weekly), and practice of mindfulness-based skills/meditation at home (at least 10 minutes daily) are strongly encouraged to receive the full benefits of this program**, such as reduced stress reactions, lowered blood pressure and heart rate, enhanced attention and concentration, management of anxiety, prevention of recurrent depression, and improvement of eating habits.

\**No need to purchase the book unless you want to own your personal copy (about $10 in online bookstores). Reading assignments will be accessible via WKU Blackboard to registered participants prior to each session. The electronic version of this book is also accessible via WKU Library.*  
**Click the link to register with your WKU email address by noon on Monday, February 13:**

https://wku.zoom.us/meeting/register/tJMkcO6opjwqHdeLr46UBBj6DBpPNZd1JxvR

**If you have any questions, email Masami Matsuyuki, Ph.D.** at [masami.matsuyuki@wku.edu](mailto:masami.matsuyuki@wku.edu).