

REPORT

Mindfulness Based Stress Reduction Pilot

Facilitated by Dr. Cynthia Neil, the Mindfulness Stress Reduction Program was a 4-week pilot program to help reduce stress and burnout amongst physicians.

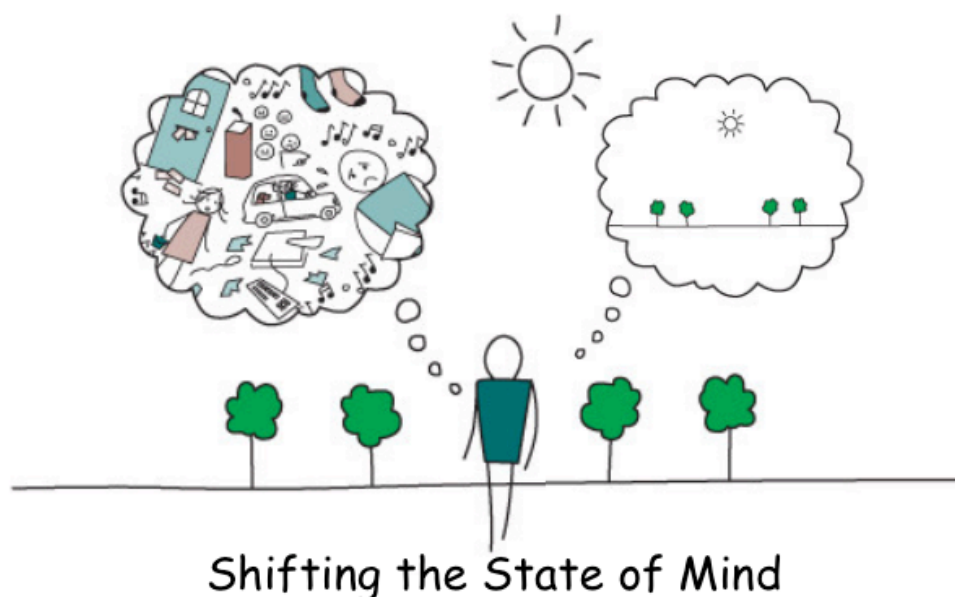
Mindfulness is the objective observation of sensations, feelings, and thoughts or mind states from moment to moment.

Using mindfulness stress reduction techniques, the

nine participants explored a number of different ways to be more present and mindful in their

daily lives. Participants were lead through a series of teachings that focused on tools to bring awareness to their stimulus, responses, and reactions.

Through a safe and trusting environment, participants were able to take time for themselves and recognize that they already have all the tools that they need: there is no need for improvement.



Impacts of Mindfulness*

Decreased levels of emotional exhaustion (a dimension of burnout), stress, psychological distress, depression, anxiety, and occupational stress.

Increase in personal accomplishment (a dimension of burnout), (occupational) self-compassion, quality of sleep, and relaxation.

* Peer Reviewed Article: <http://bit.ly/mindful-impacts>