

Mindfulness-Based Stress Reduction

Are you trying to deal with stress or anxiety? Are you trying to find another way to deal with chronic pain, fatigue or other symptoms of your cancer care? Our mindfulness-based stress reduction program will help you find resources to improve your health and well-being.

This program is offered three times a year. Please check our monthly calendar for the next class.

The cost of the program is included in Saint Alphonsus Cancer Care Center services, so there is no cost to cancer patients or their family members.

You will need to obtain written permission from a doctor to participate.



Worldwide, tens of thousands of people have completed mindfulness-based stress reduction programs and they report:

- Lasting decreases in physical and psychological problems
- Improved pain levels and ability to cope with chronic pain
- Increased ability to relax
- Greater energy and enthusiasm for life
- Heightened self-confidence and self-esteem
- Increased ability to deal with stressful situations

"I have been given a serenity I have not totally known before."

What is Mindfulness?

Mindfulness is about relating to your life with greater awareness. It allows you to tap into your inner resources for health and well-being. It is about taking time to smell the flowers, feeling connected to yourself and others, and living life fully in each moment.

What is really remarkable is that mindfulness is already present within us, available to assist us in working with stress, illness, and the challenges of everyday life.

Program Guidelines

The program requires a commitment on your part, but the experience and the rewards will help you cope better each and every day.

Your commitment to the program will be:

- Six or Eight class sessions that are 2.5 hours each
- 45 minutes to one hour of home practice outside of class
- Attendance at one all day retreat

During the program, you will experience:

- Guided instruction in mindfulness meditation
- Gentle stretching, yoga, and mindful movement
- Group exercises and dialogue
- Daily home assignments

"It provided me additional confirmation of something I've been sensing...that I need to slow down and not rush through life and miss the important stuff."

For more information and to register, please call the instructor Cheryl Nelson, LCSW, (208) 367-3150.

"I learned new ways to deal with pain"