

Mindfulness for Caregivers

“Mindfulness based stress reduction (MBSR) is a strategy for increased coping and decreased reactivity to physical and emotional difficulties. MBSR sessions introduce caregivers to mindfulness practice in the form of sitting meditation, body awareness and mindful movement”.

This evidence based intervention covers the following topics:

- A different way to work with stress
- Paying attention
- Taking hold of your mind
- Working with emotions part 1
- Working with emotions part 2
- Cultivating happiness

This curriculum was developed by Dr. Elizabeth Dykens and Vanderbilt University. The NYSCRC participated in the Train the Trainer program in collaboration with the ProActive Caring Project, The Center on Aging and Policy, Mount Saint Mary College.