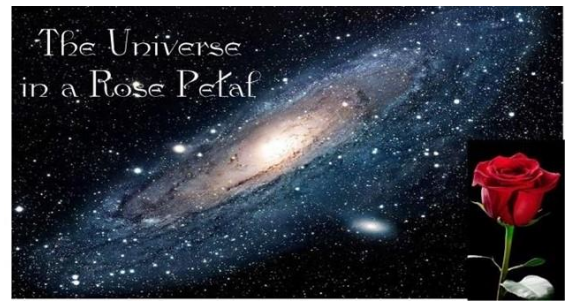


By Linda M, Larsen, RN-BC, RYT

Periodically during my in-person/Zoom classes, I follow an 8 Week Program -- Foundations for Mindfulness Practice, These eight foundations are:

**Non-Judgmental** - an impartial witness to your experience, **Patience** - acceptance that things must unfold in their own time, **Beginner's Mind** – willingness to see everything as if for the first time, **Trust** - trust in yourself and your intuition and wisdom, **Non-Striving** – going with the flow, **Acceptance** – acknowledging things as they actually are, **Letting it be/letting it go** - observing-moment-to-moment things as they are, **Self-Compassion** – being gentle, kind and compassionate to oneself. You can find the handouts (link below) that discuss these eight foundations further and a suggested process to develop mindfulness as a lifestyle. The 8-week foundation course is based on the Mindfulness Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn, Ph.D. MBSR was originally designed for stress management, but after more than 25,000 people have completed training and years of research, MBSR is now used to treat a variety of illnesses.



Jon Kabat-Zinn says “It is important to remember that as long as you are breathing, there is always more right with you than wrong, no matter how ill or hopeless you feel.” The foundations support improving the mind-body connection and help increase awareness and focus during the daily hustle and bustle. With these tools, you’ll develop an increased ability to respond instead of reacting under stress. Paying attention to and pouring energy into what is going right for you will help to re-establish mind-body balance. The 8-week plan gives structure to regularly explore the mind-body connection and perhaps allow you to move towards your own consistent practice and greater well-being.

My commitment to a regular practice is not always easy or convenient but I do it anyway because I truly appreciate the effects of my practice. Increased ability to be “more in the moment” has allowed me ease and the ability to move from my values when life’s events start to overwhelm me. Mindfulness is something you train for similarly to athletes in training who practice daily whether they feel like it or not. Sticking to the practice and including mindful self-compassion can decrease stress and depression as well as improve well-being, self-confidence, gratitude, and happiness. You are encouraged to find a reason that could motivate you to practice mindfulness on a regular basis. Can you think of one?

**Handouts and for more in depth MBSR classes, local and online:**

[https://cardiovascularwellnessprogram.org/linda-larsen-rn-bc%2C-ryt -](https://cardiovascularwellnessprogram.org/linda-larsen-rn-bc%2C-ryt-)

<https://www.sutterhealth.org/services/holistic-integrative-medicine/mindfulness-based-stress-reduction>

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/santarosa/health-resources/classes/stress-reduction-classes/mindfulness-based-stress-reduction/>

<https://www.ummhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-classes>