

Mindfulness-Based Stress Reduction: A Practice for Challenging Times and All Times

Mindfulness is recommended as a treatment for people with mental health suffering as those who want to improve their mental health and wellbeing. Evidence shows compelling support for Mindfulness-Based Stress Reduction (MBSR), which helps us to cope with stress, and Mindfulness Based Cognitive Therapy, which is designed to help us with recurring depression. Mindfulness meditation has been shown to affect how the brain works and even its structure. People undertaking mindfulness training have shown increased activity in the area of the brain associated with positive emotion – the pre-frontal cortex – which is generally less active in people who are depressed. Considering the intensity of the past year, from historic wildfires to social and economic tensions to a global pandemic, it is no wonder that many of us are experiencing burnout, stress, and anxiety. As an agency that includes first responders who regularly experience critical incidents and ongoing stress, we are determined to support their well-being, and that of every employee. The Mindfulness-Based Stress Reduction (MBSR) program is available to help you cope with a range of stressors and anxiety through a medical and science-based approach. Psychological resilience can be learned through specific practices and has been found to bolster resiliency in the face of, and in recovering from, stress. Please join us for the upcoming MBSR series to learn ways to cope with stress and improve your quality of life.

Please see the attached MBSR schedule with how to sign up, if you feel this will support you. ☺

Fall Series

Dates: Tuesday September 28 - November 16, 2021 (2.5 hrs. each Tuesday for 8 weeks)

Time: 8:00 a.m. – 10:30 a.m. Alaska (AKDT)

9:00 a.m. - 11:30 a.m. Pacific (PDT)

10:00 a.m. - 12:30 p.m. Mountain (MDT)

11:00 p.m. - 1:30 p.m. Central (CDT)

12:00 p.m. - 2:30 p.m. Eastern (EDT) & Atlantic Standard (AST)

We will accept registration until Friday September 24, 2021. Please email Michelle Reugebrink: michelle.reugebrink@usda.gov to be placed on a mailing list and to receive access to materials and communication during the course.

REQUIRED: Add this training manually to your individual development plan (IDP) as a goal.

Type of Session: Conference Call (More information will be provided at sign-up)

Hosted By: Michelle Reugebrink, Work Environment & Performance Office NBHWC, IHCP, ICF-MCC, ACE-CPT, MBSR (Certified) Resilience & Personal Effectiveness Program Manager/Master Coach

Winter Series

Dates: Wednesday January 26 - March 16, 2022 (2.5 hrs. each Wednesday for 8 weeks)

Time: 7:00 a.m. – 9:30 a.m. Alaska (AKDT)
8:00 a.m. - 10:30 a.m. Pacific (PDT)
9:00 a.m. - 12:30 p.m. Mountain (MDT)
10:00 a.m. -12:30 p.m. Central (CDT)
11:00 a.m. - 1:30 p.m. Eastern (EDT) & Atlantic Standard (AST)

We will accept registration until Friday January 21, 2022. Please email Michelle Reugebrink: michelle.reugebrink@usda.gov to be placed on a mailing list and to receive access to materials and communication during the course.

REQUIRED: Add this training manually to your individual development plan (IDP) as a goal.

Type of Session: Conference Call (More information will be provided at sign-up)

Hosted By: Michelle Reugebrink, Work Environment & Performance Office NBHWC, IHCP, ICF-MCC, ACE-CPT, MBSR (Certified) Resilience & Personal Effectiveness Program Manager/Master Coach

Spring Series

Dates: Tuesday April 5 – May 24, 2022 (2.5 hrs. each Tuesday for 8 weeks)

Time: 9:00 a.m. – 11:30 a.m. Alaska (AKDT)
10:00 a.m. - 12:30 p.m. Pacific (PDT)
11:00 a.m. - 1:30 p.m. Mountain (MDT)
12:00 p.m. -2:30 p.m. Central (CDT)
1:00 p.m. - 3:30 p.m. Eastern (EDT) & Atlantic Standard (AST)

We will accept registration until Friday April 1, 2022. Please email Michelle Reugebrink: michelle.reugebrink@usda.gov to be placed on a mailing list and to receive access to materials and communication during the course.

REQUIRED: Add this training manually to your individual development plan (IDP) as a goal.

Type of Session: Conference Call (More information will be provided at sign-up)

Hosted By: Michelle Reugebrink, Work Environment & Performance Office NBHWC, IHCP, ICF-MCC, ACE-CPT, MBSR (Certified) Resilience & Personal Effectiveness Program Manager/Master Coach

Summer Series

Dates: Monday June 13 - August 1, 2022 (2.5 hrs. each Monday for 8 weeks)

Time: 12:00 p.m. – 2:30 p.m. Alaska (AKDT)
1:00 p.m. - 3:30 p.m. Pacific (PDT)
2:00 p.m. - 4:30 p.m. Mountain (MDT)
3:00 p.m. -5:30 p.m. Central (CDT)
4:00 p.m. - 6:30 p.m. Eastern (EDT) & Atlantic Standard (AST)

We will accept registration until Wednesday June 8, 2022. Please email Michelle Reugebrink: michelle.reugebrink@usda.gov to be placed on a mailing list and to receive access to materials and communication during the course.

REQUIRED: Add this training manually to your individual development plan (IDP) as a goal.

Type of Session: Conference Call (More information will be provided at sign-up)

Hosted By: Michelle Reugebrink, Work Environment & Performance Office NBHWC, IHCP, ICF-MCC, ACE-CPT, MBSR (Certified) Resilience & Personal Effectiveness Program Manager/Master Coach