CS PH 3201 (2 Credits)

INTRODUCTION TO MINDFULNESS-BASED STRESS REDUCTION

In Person | Instructors: Alex Haley and Doug Kennedy

COURSE DESCRIPTION

This course will focus on:

The class will introduce students to a variety of techniques by which the stress endemic in a fast-paced competitive culture can be both reduced and worked with constructively. Students will practice and apply experiential techniques of stress-reduction through “mindfulness” – the steady, intentional gathering of a non-judgmental awareness into the present moment in various activities – and examine medical / scientific literature on physiological and psychological elements in the stress response.

COURSE OBJECTIVES

At the end of the course, students will be able to:

• Define mindfulness in the context of stress reduction
• Demonstrate an understanding of current medical / scientific thinking on the stress response
• Demonstrate an understanding of the physiological and psychological origins of stress
• Explore mindfulness and its relationship to key topics (e.g., role stress, world stress, people stress) through small and large group discussions
• Apply various mind-body skills to reduce stress in daily life as developed through regular practice both in and out of class
• Develop a plan for continuing to practice mindfulness beyond the end of the class

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