Mindful Practice for the Season: Celebrating Gratitude, Compassion, and Renewal

A four week course: Tuesdays, 6:30PM – 8:30PM, November 28, December 5, 12, 19

UCI Susan Samueili Integrative Health Institute

Instructor: Don Maurer, MD

Cost: $199 (15% discount for UCI faculty/staff and Well–Being Circle members)

This four week course will emphasize practices that celebrate the spirit of the season, inviting you to explore gratitude, compassion and renewal as vital expressions of mindfulness as a way of living.

How do you stay focused on your priorities when the holidays intensify distractions and increase demands on your limited time and energy? Mindfulness involves discerning choices that align with what is most important to you, even in times of heightened stress. This course is designed to help you refresh your practice, nourishing your intention, attention and attitude in the midst of this busy season. In addition to mindfulness meditation, you will be invited to engage in exercises for nourishing gratitude and compassion as ways of identifying and staying in touch with what matters most to you. The approach is experiential and practical, oriented to skillfully navigating uncertainty and cultivating resilience in daily life.

Research shows that the practice of mindfulness offers a range of benefits for decreasing stress and improving individual health and performance (1, 2, 3, and 4). In addition to the coursework outlined above, information will be provided about the benefits of mindfulness and how it works, offering a better understanding that supports deepening your commitment to the practice.

The program is designed for those familiar with mindfulness meditation. However, no prior experience in meditation is required.

(1) Mindfulness Reviews and Meta-Analyses Database
https://goamra.org/resources/reviewsmeta-analysis/
(3) What Is Gratitude?” http://greatergood.berkeley.edu/topic/gratitude/definition
(4) “Compassionate Mind, Healthy Body” http://greatergood.berkeley.edu/article/item/compassionate_mind_healthy_body

Instructor: Dr. Don Maurer teaches Mindfulness Based Stress Reduction (MBSR) and other mindfulness programs at the Susan Samueli Center of Integrative Medicine and other locations in Orange County, including hospitals, universities and corporate settings. He has attended teacher training with Dr. Jon Kabat-Zinn and other senior faculty at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Healthcare and Society. Dr. Maurer is particularly interested in the impact of work-related stress on the health and well-being of physicians and other health care professionals.