

Well-Being & Wise Decisions II, Fall 2025 (11410ISS 581701)

Mindfulness-Based Stress Reduction (MBSR)

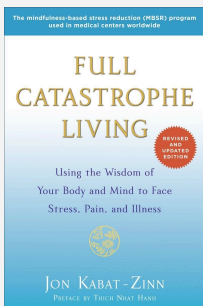
Offered by Andrew Yeh, Qualified MBSR Teacher & Profs. G Shmueli (ISS) and Yi-Li Lee (ILST)

This evidence-based course provides participants with mindfulness training to enhance awareness, focus, manage stress, and improve decision-making in high-pressure environments. Cultivating mindfulness supports thriving in dynamic study and work environments while maintaining balance and clarity in one's personal and professional life.

The mindfulness-based stress reduction program (MBSR) originated from the stress reduction clinic at the University of Massachusetts Medical School and later transformed into the Center for Mindfulness at UMass. Thousands of scientific studies have confirmed the MBSR program helps with:

- Increasing focus and work efficiency
- Reducing stress
- Enhancing emotional awareness and regulation
- Improving sleep quality
- Alleviating symptoms of anxiety, depression, panic, etc.
- Easing chronic pain and enhancing quality of life
- Boosting immunity

Cultivating mindfulness brings healing and profound transformation, allowing us to reclaim our lives rather than just existing in an ivory tower or self-imposed cage. Mindfulness practice enables us to draw from and enjoy the source of our own lives with our own strength. It helps us regain the ability to choose and self-affirm, nurturing a sense of groundedness and joy from within.



Course format: 1 credit pass/fail*

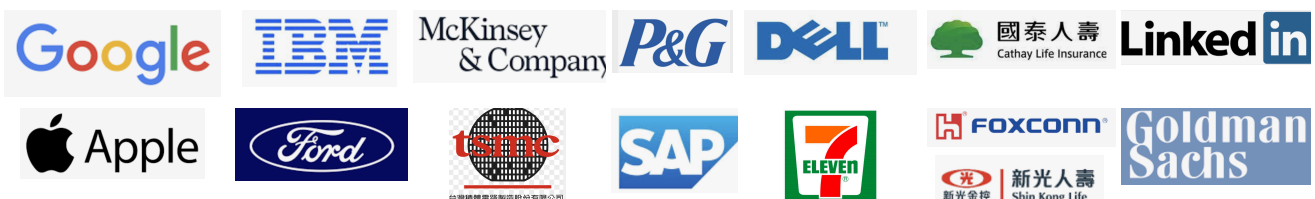
Requirements: Full attendance: 9 weekly sessions (9/3-11/5), Day of Mindfulness (10/18), 2 practice sessions (11/19 & 11/26) (max 2 missed sessions after add/drop period); Weekly practice journal & class surveys.

Resources: Will be distributed in class

Optional reading: *Full Catastrophe Living* by Jon Kabat-Zinn

For over 40 years, MBSR training has continued to expand into various fields such as medicine, psychology, education, business, sports, and even politics. This MBSR course is the most important and critical prototype of contemporary mindfulness training.

Mindfulness training programs have been adopted by many international and Taiwan corporations including:



*This course uses a pass/fail grading system per Article 27.1.5 of the academic regulations. It only counts for credit hours and is not included in the calculation of the GPA.

Suitable Participants (priority given to international students)

- Those seeking to enhance emotional awareness and management skills
- Wanting to improve focus and work efficiency
- In high-pressure work or living environments
- Wishing to improve interpersonal relationships
- Experiencing sleep problems
- Easily prone to tension, anxiety, worry, and panic
- Prone to depression, low mood, and negative thinking
- Facing chronic fatigue or chronic pain issues
- Desiring self-care and tranquility of body and mind
- Eager for self-growth and deeper self-understanding

Course Features | In-person

- Small class teaching, catering to each student
- In-person teaching for authentic interaction
- Group dynamics for shared exchange and growth
- Exclusive group for ongoing inquiries and discussions
- Weekly classes for steady progress
- Practice resources: free, abundant, uninterrupted
- Exclusive certification, shared learning, and continued practice

Course Outline (plus 2 two-hr group practice sessions: (11/19 11/26))

<p>9/3 Preparatory Class: Embarking on the treasure hunt Understanding what mindfulness and mindfulness-based stress reduction are Understanding the path of mindfulness learning Mindfulness acquaintance</p> <p>9/10 Class #1: Are you kind to yourself? Learning to cultivate a gentle connection with oneself Discovering habits and new possibilities Body scan, mindful eating</p> <p>9/17 Class #2: Gentleness starts with oneself Static body awareness. How to perceive stress and determine its development Body scan, breath awareness</p> <p>9/24 Class #3: Happiness doesn't necessarily come from external sources Static body awareness. Accumulating emotional deposits. Seeing things we typically take for granted Mindful yoga, walking meditation</p> <p>10/1 Class #4: Approaching with gentleness, seeing more Dynamic and static body-mind awareness. Gently and safely dismantling stress Mindful yoga, sitting meditation</p>	<p>10/15 Class #5: The tranquil power from within Dynamic and static body-mind awareness. Giving oneself a vast sky Five layers of sitting meditation</p> <hr/> <p>Day of Mindfulness: 10/18 (Saturday) Enhancing the power of mindfulness awareness Learning uninterrupted awareness. Developing into one's own best friend Various exercises</p> <hr/> <p>10/22 Class #6: Can you really communicate? Deconstructing the elements of communication, learning simple and effective communication methods Mindful communication</p> <p>10/29 Class #7: Let's delve into theory and research From habitual reactions to mindful responses. Deconstructing the development process of stress Mindful yoga, sitting meditation</p> <p>11/5 Class #8: Gathering the treasures of wisdom and awareness Review and outlook. Sharing and discussing follow-up learning resources Body scan, sitting meditation</p>
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