



LEAFS Stress Management Program

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INTRODUCTION

Jon Kabat-Zinn is the originator (1979) of Mindfulness-Based Stress Reduction (MBSR)¹. He is widely acknowledged as one of the most influential figures in the mindfulness movement. His widely circulated book, *“Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness,”* 2013 Second Edition, is based on 34 years of clinical experience with more than twenty thousand people. Jon Kabat-Zinn’s book is used as the groundwork for the LEAFS Stress Management Program.

The purpose of the LEAFS program is to provide a means for learning how to relieve personal stress. The LEAFS program is an introductory program, a launchpad, for people to learn and explore various cognitive techniques that can deal with stress. There are no overnight magical stress reduction results implied by the LEAFS program. Individual success totally depends upon one’s dedication of time and effort to cultivate a mindfulness-based orientation that can help reduce personal stress².

Mindfulness or insight meditation is simple to describe. There is only one focus. You want to sustain a single point of awareness. This focus is usually the sensation of the breath as it passes in and out of your body. When your mind is attracted to a passing thought, simply return your focus to your breath. The goal is to free the body from the effects of the busy mind. While attending to the breath, the body is momentarily freed from the effects of thought.

To meditate does not mean to fight with a problem. To meditate means to observe. Observe self. Smile a half smile, be gentle with yourself.

¹ Dr. Kabat-Zinn received his Ph.D. in molecular biology from MIT in 1971 in the laboratory of Nobel Laureate Salvador Luria. His research career focused on mind/body interactions for healing and on the clinical applications of mindfulness meditation training for people with chronic pain and stress-related disorders.

² The LEAFS Stress Management Program does not provide medical advice. Program participants need to consult with their physicians to seek medical advice.