

Exploring Mindfulness-Based Stress Reduction with Survivors of Gun Violence

In collaboration with Survivors Empowered and UC San Diego Center for Mindfulness, **we are measuring the effects of mindfulness on family, friends, and community members who have lost one of their loved ones to gun violence.** In this study, we will be offering **Mindfulness-Based Stress Reduction (MBSR)** courses to explore different venues **for improving mental health and wellbeing.**

Participants will be asked to complete pre-, mid-, and post-surveys during the study. Questionnaires will take approximately 20 minutes to complete during each of these time points. Participation in the study is voluntary and all information will remain confidential. Efforts, such as coding research records, keeping research records secure and allowing only authorized people to have access to research records, will be made to keep your information safe.

Our **Mindfulness-Based Stress Reduction (MBSR)** course is unlike any sort of program you may have encountered before. The program involves **cultivating a different relationship between you and the things that challenge you in your life**, and relies completely upon the **tools you already have.** Specifically, mindfulness helps you access the ability to be **non-judgmental, compassionate, patient, present and aware.** This is an opportunity to rediscover yourself and to access the qualities and strengths you possess deep inside.

Course Objectives

At the completion of this activity, participants should be able to:

- Articulate the key aspects of mindfulness as it relates to stress reduction, coping with pain and illness and enhancing well-being
- Practice and apply mindfulness techniques in both personal and professional settings as a means of contending more effectively with the demands of both settings
- Integrate mindfulness into social interaction with patients, colleagues, supervisors, family and friends to facilitate more effective and mindful communication
- Articulate the potential benefits of mindfulness-based stress reduction (and mindfulness in general) to educate friends and families about the benefits of such programs in their own lives
- Implement brief mindfulness practices with friends and family members as a means of contending with acute pain, anxiety and distress.

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. The emphasis of the program is on **enhancing emotional resources and personal capacities.**

For those interested in participating or who may have questions, please reach out to Dwayne Mosbey, Program Coordinator for the UC San Diego Center for Mindfulness, at dmosbey@health.ucsd.edu or you can give him a call at (858) 306-3783.