

November 2020

Thank you for your interest in the **Mindfulness-Based Stress Reduction (MBSR) for People of Color** online course offered through the *UW Health Mindfulness Program*. MBSR is designed to introduce mindfulness meditation practice as a way of developing greater balance, ease and fuller participation in your life. Established in 1993, the UW Health Mindfulness Program is one of over 250 centers offering MBSR worldwide.

What is mindfulness? Mindfulness is a way of learning to relate directly to whatever is happening in your life rather than operating on “automatic pilot”. Through practice you can more fully experience moments of joy and connection, and find new ways to relate to the illness, pain, and stress that is part of life as well.

What is the class like? Our intention is to explore and deepen mindfulness practices in a community where racialized forms of stress can be identified and discussed together. It is also our hope that together we could experience how developing mindfulness can strengthen and support us as we respond to the complexities of our lives. The weekly classes include guided instruction in mindfulness meditation practices, gentle yoga, group dialogue and application to experiences of daily living.

Who is this class for? This class is specifically offered to support those who identify as people of color/multiracial/racial minority, and who are willing to engage in the process of exploring and practicing mindfulness formally and informally. We ask that participants bring a commitment to attend weekly classes and take some time for home practice each day.

Location: online via Zoom

Schedule: **Monday Evenings - Jan 18 through March 15 and a daylong on Sat, March 6**

Intro: 5:30-6:30pm, January 18, 2021

Classes: 5:30-8pm, January 25, February 1, 8, 15, 22, March 1, 8, 15, 2021

Day of Mindfulness: Saturday, March 6, 2021, 10am-3pm

To enroll (enrollment is first come, first served)

- Enroll online at www.uwhealth.org/mindfulness
Click on *Mindfulness Classes - Adults* and then click on *Mindfulness for People of Color*.
- Complete and submit registration forms included below, pages 3-7.

There is no cost for this offering. This class is offered as part of the Mindfulness for All Project, and generously funded by the Kataly Foundation.

The class includes:

- Introductory session
- Eight weekly sessions
- One all-day session (Day of Mindfulness)
- Guided audio recordings and class materials

About the Instructors

Toral Livingston-Jha: Toral is a University of Wisconsin-Madison trained Professional Certified Coach who offers leadership and wellness coaching and consultation. She began her mindfulness practice in 2006 and completed the Mindfulness Based Stress Reduction teacher training practicum with the UW Health Mindfulness Program in 2019. Toral has been supporting the program's people of color offerings since 2019.

Cynthia Moore: Cynthia works as a Universal Systems Strategist in the Madison Metropolitan School District. She has completed the MBSR Practicum Course, and has served as an assistant for MBSR. Her interests lie in examining how mindfulness supports physical and emotional well-being, as well as creating a safe and supportive community where people of color can explore mindfulness together.

The UW Health Mindfulness Program
(608) 265-8325.
www.uwhealth.org/mindfulness

Winter 2021
MBSR for People of Color

Thank you for filling out these forms. We realize the personal nature of these questions. Please know that the completed forms are kept confidential.

Name: _____

Address: _____
 street *city/state/zip code*

E-mail address: _____

Telephone: _____
 primary telephone *other telephone*

Age: _____ (please, used for demographic research only)

What is your racial identity? _____

Gender: _____ **Preferred pronouns:** _____

Emergency Contact Info:

<i>name</i>	<i>telephone number</i>
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How did you become aware of our program? *(complete all that apply)*

Physician/Health Clinic (name) _____ Web Site _____

Previous Class Member (name) _____ Mindfulness Brochure _____

Mental Health Counselor/Therapist (name) _____ Other _____

To complete your registration:

1. **Enroll online at:** www.uwhealth.org/mindfulness
Click on ***Mindfulness Classes - Adults*** and then click on ***Mindfulness for People of Color***.
2. **Submit registration forms:** Complete and submit this face sheet and the questionnaire included below (pages 3-7) by **Thursday, January 7, 2021.**

Return/mail completed forms to:

**Mindfulness Program
UW Health - Research Park
621 Science Drive
Madison WI 53711**

MBSR for People of Color
UW Health Mindfulness Program – Winter 2021

Name: _____

Date: _____

Welcome to the Mindfulness Based Stress Reduction program at UW Health. Please return this completed questionnaire by the indicated date to confirm your registration. All information you provide is kept confidential. The intention with this questionnaire is to invite you to honestly reflect on the circumstances that bring you to the MBSR program, and to help your instructor understand what you are working with as you begin the course.

1. In your own words, what are the “causes” of your stress?
For example, work, relationships, pain etc. Feel free to identify your current worries, challenges and anything else you think is important to consider.

2. What are the helpful and not so helpful ways you are managing stress?

3. Please rate your overall stress level at this point in your life using a 10-point scale.

“1” = stress free, and “10” = stressed to the max.

Place an “X” at the appropriate area on the line below.

“1” _____ “10”

4. Please describe any previous experience you have had with stress reduction, meditation, relaxation, mindfulness, imagery, and other mind-body approaches to healing and health. If you have not had any prior experience, please write "no experience".
5. What goals would you like to set for yourself in taking this program?
6. What do you care about most in your life?
7. What brings you joy?
8. Has a healthcare provider recommended you take this program?
If so, what is your understanding of the reason for this recommendation?

9. Are you currently involved in a specific medical treatment, or are you working with a psychiatrist or mental health counselor?

10. Please list any other relevant health and/or mental health history that may be helpful for your instructor to know (for example hospitalizations, surgeries, trauma history, or health conditions that could impact your experience in class)

11. Please describe your physical health right now.
For example, sleep quality, diet, smoking, drug and alcohol use.

12. Please describe your emotional health, your strengths and challenges.

13. Please describe your support system(s).

14. At the completion of this class, imagining that you do learn what you wanted to learn, what would this look like for you?

~ Please add anything else that is important for the instructor to know about you and your situation.