

Stress Less with Mindfulness

Program Overview

Stress Less with Mindfulness (SLWM) is a program developed by West Virginia University Extension Service. It is a five-class series that introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: On purpose, in the present moment, and non-judgmentally. Research has shown that mindfulness-based stress reduction courses are effective in reducing related symptoms such as worry, depression, and physical tension, and can be helpful in managing cardiac disease and diabetes. The program can be taught in-person or virtually.

Program Goals

1. Increase participant flexibility in responding to stress.
2. Provide an alternative way to relating to everyday life experiences, including thoughts, emotions, physical sensations, and events.
3. Teach and encourage adoption of mindfulness skills to enhance participants' lives.

Intended Audience: Healthy Adults

Program Description: There are five Stress Less with Mindfulness sessions, each 45-50 minutes long. Sessions provide a comfortable and relaxing environment for learning.

Session 1 – Begin with the Breath

Session 2 – Mindful Eating

Session 3 – Mindful Walking/Thought Surfing

Session 4 – Be Kind to Your Mind

Session 5 – Laughter is Good Medicine

Note: This curriculum is educational, and the content is informational. It is not a substitute for medical care, counseling, or treatments. This is designed as preventive education.

Evaluation:

Texas A&M AgriLife Extension Service has developed its own evaluation form for use with this program. The evaluation form includes two validated instruments: The Mindful Attention Awareness Scale (MAAS) and the Perceived Stress Scale (PSS). Pre and post evaluations can be completed by participants directly through Qualtrics (preferred) or through a paper survey that must then be entered into Qualtrics by agents later. Please refer to the SLWM Evaluation Instructions sheet with more specific details.