



Newsletter Winter

WHAT IS MINDFULNESS?

Have you ever felt that your mind is full of so many thoughts that it is out of your control? This constant chatter in your mind is sometimes termed, "monkey mind." Have you ever wondered how to tame the monkeys? Mindfulness meditation has helped countless people across the world to settle their thoughts and quiet the chatter in their minds.

Mindfulness is defined as the ability to bring your attention to the present moment. A good example would be if you are sitting quietly on a summer day and take notice of the sound of the breeze in the trees and the feel of the breeze on your skin. Mindfulness also emphasizes being non-judgmental. If for example, your mind wanders from the breeze to the stressful encounter you had at work, mindfulness training will help you be aware that a stressful thought has entered your thoughts and that you can let it pass. Dwelling on it will only bring you down and ultimately isn't going to change the outcome. By training your mind to focus on the present, you learn to not be overwhelmed or lost in future or past worries. Ultimately mindfulness teaches you how to tame the monkeys in your mind.



Mind Full, or Mindful?

JOIN THE COURSE!

Mindfulness Based Stress
Reduction course:

Wednesdays

March 1-April 26th

5:15-6:15

Space is limited, please RSVP by
2/21/17!

WHAT IS MINDFULNESS BASED STRESS REDUCTION?

Mindfulness Based Stress Reduction (MBSR) is a program that helps you learn to calm your mind and body to help you cope with illness, pain, and stress. MBSR teaches "mindfulness," which is a focus only on things happening in the present moment. Mindfulness is not a time to "zone out" or "space out" but is rather a time to purposefully pay attention and be aware of your surroundings, your emotions, your thoughts, and how your body feels. The course was developed by Dr. Jon Kabat Zinn at the University of Massachusetts Medical Center to treat pain and a range of medical conditions that were difficult to treat. MBSR utilizes a combination of mindfulness meditation, body awareness and yoga to help people bring mindfulness into their daily lives.



THE HEALTH BENEFITS OF MINDFULNESS

- MBSR has been shown not only to reduce stress and anxiety but also have profound impacts on various health problems. Patients trained in MBSR have been shown to have a more robust immune system, lower blood pressure and decreased inflammation molecules circulating in their bodies.
- Mindfulness has also been shown to impact cellular aging. Telomerase is an enzyme that slows cells from losing genetic material which increases the cell's longevity. Participating in regular mindfulness practices have been shown to increase Telomerase activity which may decrease age related diseases.
- Taking part in an MBSR course results in changes in the physical structure of the brain. Areas of the brain related to our stress response have been shown to decrease in size. These brain changes lead to changes in how one thinks, feels and responds to the world around them.

If you are interested in more information about mindfulness – you can attend Dr. Seed's lecture on Mindfulness in Medicine on **February 15th at 6:15 pm** or join us for the MBSR course at AIM starting March 1st!

Billing:

In an effort to keep overhead costs down, please note that our bills are sent through email. Thank you for your timely payments!

Office closures:

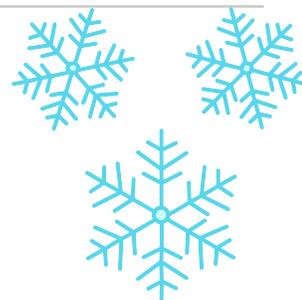
2/21-2/24 limited urgent care access.

3/21-3/22 limited urgent care access.

MEET THE STAFF



My name is Rachel Martin and I am Dr. Heniser's medical assistant. I am very excited to be a part of A.I.M. My family and I enjoy spending time at Flanders Pond.



Hi everyone! My name is Jordyn Knowles. I am Dr. Seed's new assistant. I recently graduated from UMaine Machias with a degree in Psychology. I'm interested in mind and body health, so I'm thrilled to be here at Acadia Integrative Medicine. In my spare time, I enjoy doing yoga and playing with my Newfoundland, Osmond. I'm looking forward to meeting all of you!