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MBSR PROGRAM AS A RESOURCE IN STRESS MANAGEMENT

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The modern stage of human development is characterized by new challenges and

tasks. Natural disasters, a pandemic (COVID-19), post-COVID consequences on

people's physical and mental health[10], and the war in Ukraine - these are the

conditions in which the Ukrainian people live today. The psychological community

faces an essential task - finding resources in stress management, and developing

resilience and self-regulation in complex life situations.

MBSR - is a program designed to help individuals cope with stress based on

mindfulness practice.

Mindfulness is a mental state in which an individual tracks their experiences in the

"here and now", instead of "there and then". It involves consciously experiencing each

moment of life, without getting stuck in past (unchangeable) or future (unrealized) life

situations. Awareness can introspect one's own activities [3].

The basis of MBSR is John Kabat-Zinn's program [1;2] , which is scientifically

substantiated and recommended in the protocols of treatment for various disorders.

MBSR uses a combination of mindfulness meditation, body awareness, and learning

behaviour, thinking, and emotional patterns.

The mindfulness-based stress reduction program integrates meditation practice, and

body awareness (yoga techniques). It is gaining experience in mindfulness of how to

cope with stress.

The main message of the MBSR program is that a person cannot control stressors,

but can control their reaction to them.

The MBSR program is designed to support the physical and mental health[6] of

individuals, including [4;7;8;9;11;12]:

- developing attention management skills (where attention is, there is energy);

- helping individuals cope with stress, pain, everyday difficulties, overcoming

obstacles to achieving their goals;

- developing resilience;

- experiencing each moment of life mindfully, being in touch with oneself;

- accepting one's own emotions, observing them, relieving emotional tension;

developing emotional intelligence;

- developing awareness of interaction with others, and harmony in relationships

(both with others and with oneself);

- providing "access" to internal resources for self-healing;

- developing creative thinking.

Full mindfulness means the ability to concentrate on experiencing life in its

diversity, the opportunities that each moment gives, and their resource for our

development, gaining new experience.

Since insufficient mindfulness of the present moment inevitably creates problems

due to unconscious and automatic programs, in which deep fears, uncertainties, etc.

often manifest themselves. If these become habitual behaviour patterns, problems

escalate, and a person loses faith in their abilities, feeling like they "fell out of life."

Through mindfulness practice, a person gains direct access to their own internal

resources not only to get out of a "dead end" but also for their transformation of deep

processes of self-acceptance, capabilities, etc., which gives a sense of personal well-

being[5].

The MBSR program includes daily meditation practices and daily work analysis.

Meditation helps live life with full "access" to the entire spectrum of conscious and

unconscious processes. Mindfulness practices can be understood as non-judgmental

acceptance and exploration of one's own experience, including body sensations;

thoughts, emotions, impulses, and memories, to reduce stress.

Meditation includes techniques such as body scanning (attention to various bodily

sensations), concentration, and breathing exercises. Mindful yoga practices (attention

focused on awareness of bodily and psychological manifestations) are used; practices

of working with thoughts and thought forms, which develop the ability to self-observe

one's internal mental processes, and awareness. It is important to find areas of harmony

in the body and focus on them as a resource.

Breathing practices occupy a significant place, serving not only as a means of

calming, and relaxation but also contributing to the harmonization of mental states, and

thus to the correct decision-making (in a state of psychological balance).

Thus, the MBSR program is a resource for overcoming stressful situations. It can

be successfully applied in the practice of clinical psychologists, and psychotherapists,

as one of the effective approaches to problems of stress reduction and overcoming

personal stress situations.

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