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STRESS, CHRONIC ILLNESS OR PAIN? Mindfulness PROVEN TO REDUCE SYMPTOMS

New Mindfulness-Based Stress Reduction Training (MBSR) Program Comes to East Texas for the First Time

How can you function when stress, pain, or illness are a part of your daily life? Thousands of people from all walks of life are finding the answer through Mindfulness and the Mindfulness Based Stress Reduction (MBSR) Program. Beginning this Fall, the East Texas Stress Reduction Clinic will offer an MBSR program to help people lessen the discomfort of ongoing physical symptoms, reduce stress, and better cope with psychological distress. MBSR, an in-depth eight-week program led by Mindfulness instructor Scott Martin helps participants learn to manage symptoms and improve their quality of life through diverse techniques such as guided meditation, gentle yoga, and breathing exercises.

This course is modeled on the well-known MBSR course offered at the highly regarded Stress Reduction Clinic at the University of Massachusetts Medical School. Over 30 years of extensive medical research has shown that MBSR can substantially affect one's ability to reduce medical and psychological symptoms in a wide-range of medical conditions and the coursework is now available in over 250 hospitals worldwide.

Martin, who has been practicing Mindfulness and Mindful Living for more than 10 years, says, "The course is designed for people who are facing illness, stress, emotional turmoil, or other life challenges, and especially for patients who are not responding to conventional treatment and are in danger of falling through the "cracks" of the health care system. It is meant as a complement and not a replacement to their medical treatment. The course provides participants with the opportunity to actively engage in their own healing, learn to take better care of themselves and discover a deeper sense of wellness, balance, and self-reliance.

Mindfulness techniques are helpful in dealing with a wide-variety of issues including stress, anxiety, and depression that arise in any aspect of life: work, family, finances, school, illness, aging, or loss. People have also found relief from physical conditions like headaches, high blood pressure, fatigue, fibromyalgia, digestive problems, asthma, skin disorders, and sleep disturbances.

Interested individuals are asked to attend a free orientation session offered periodically through several venues here in Tyler including the Yoga Spot and the East Texas Adventure Boot Camp. Individuals interested in applying for the coursework can also schedule a personal interview with the instructor to ensure this course is a good choice for them. While the approach is easy to learn and the course is very rewarding, it does require a high level of motivation to attend all the classes and practice the techniques

regularly. The program is offered for \$300 plus a \$35 materials fee with 6 month financing options and further reductions possible for people with very low income. To learn more about Mindfulness or to participate in the class call 903-258-3166 or visit the East Texas Stress Clinic's website at <http://www.texasmindful.com>

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If you would like more information about this topic, or to schedule an interview with Scott Martin, please call 903-258-3166 or e-mail: info@texasmindful.com