

MINDFULNESS

Mindfulness is...

Being aware
of our present moment experience
(such as how we feel or what is going on around us)
in an open and nonjudgmental way

MINDFULNESS-BASED RELAPSE PREVENTION

- ❖ Mindfulness-Based Relapse Prevention (MBRP) is a program designed to prevent relapse for those in recovery from substance use problems.
- ❖ MBRP involves learning and practicing the skill of mindfulness through various guided exercises.
- ❖ MBRP can help you:
 - Be more aware of relapse triggers.
 - Respond/cope with triggers (not just react).
 - Work with difficult emotions in healthy ways.
 - Be kinder and more compassionate towards yourself.
 - Develop a lifestyle that promotes long-term recovery.

WHY MINDFULNESS?

Research shows that learning and practicing mindfulness...



Reduces the odds of relapsing to alcohol or drug use.



Reduces urges/cravings to use alcohol or drugs.



Improves emotional well-being.

Here are the research studies:

1. Bowen, S., Witkiewitz, K., Clifasefi, S. L., Grow, J., Chawla, N., Hsu, S. H., ... & Larimer, M. E. (2014). Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual for substance use disorders: a randomized clinical trial. *JAMA Psychiatry*, 71(5), 547-556
2. Li, W., Howard, M. O., Garland, E. L., McGovern, P., & Lazar, M. (2017). Mindfulness treatment for substance misuse: A systematic review and meta-analysis. *Journal of Substance Abuse Treatment*, 75, 62-96.