MINDFULNESS and NATURE:
Helping Students Reduce Stress

Overview
The Student Wellness Centre, Student Accessibility Services, the Department of Athletics and Recreation and the Faculty of Health Science has partnered in an interdisciplinary effort to provide mindfulness and outdoor resources for McMaster students, staff and faculty.

Reducing Stress and Anxiety
Extensive recent research is showing the substantial benefits of Mindfulness Based Stress Reduction (MBSR) and exposure to nature for individual health. Both MBSR and Nature have been demonstrated to be effective means of treating and managing numerous emotional and health concerns including anxiety and depression.

Nature Hikes and Natural Areas information
The Outdoor Recreation program, the Outdoor Club and the Student Wellness Centre have designed a series of group nature hikes. Information is also available for students on local natural areas to explore and experience.

Mindfulness Videos
Audio Files
Training of Volunteer Leaders
Website resources

THE FUTURE:
- Development of a Natural Areas video for the McMaster students, faculty and staff.
- Creation of more mindfulness resources including workshops and videos

http://wellness.mcmaster.ca/resources/relaxation15.html
Brochures and maps have also been designed and printed by the Outdoor Recreation for promotion and information.