

MBSM: MINDFULNESS–BASED SYMPTOM MANAGEMENT



WHAT IS MBSM?

- A mindfulness-based intervention integrating Buddhist ethical frameworks, virtues, and Western psychology to support people living with chronic illness, pain, mental health symptoms, and burnout.
- Designed not only to teach stress and pain-management techniques, but also to emphasize living with ethical awareness and compassion—anchored in mindfulness as applied ethics.

CORE PRINCIPLES & STRUCTURE:

- Draws from established programs like Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), but with a special focus on symptom management and virtue cultivation.
- The coursework combines meditation (e.g., body scan, breath awareness), loving-kindness practices, mindful movement, daily mindful living, and reflective exercises rooted in ethics.
- The program is delivered in an 8-week format, individually or in groups, supported by daily home practice and guided exercises using the Mindfulness Starts Here Workbook.
- MBSM is broader, offering support for both somatic symptoms and emotional health, and oriented toward empowering choice, resilience, and wise living.

WHO IT HELPS & WHY IT'S VALUABLE:

- Ideal for individuals managing chronic pain, illness, anxiety, depression, or burnout, and looking for tools that address both their inner experience and lifestyle.
- Offers a practical bridge between mindfulness meditation and real-life symptom management, while encouraging ethical living and compassion.
- Delivered through programs at Mental Health & Addiction Services of Ottawa with trained facilitators (e.g. Shontelle Prokipcak) to guide participants through the 8-week journey using the workbook and in-class learning. Half-Day, Full-Day, & 5-Day retreats offered occasionally.