



April 2017

# INTERMOUNTAIN MINDFULNESS NEWSLETTER

Dear Friends,

Happy Spring! While each season certainly has its unique charm there is something particularly sweet about spring, isn't there? The sense of "waking up" that seems to be playing out in nature with snow melting away, leaves and blossoms popping out, baby animals appearing, gentle rain rather than blizzards--although in Utah that's not always the case! What a perfect time to be engaged in a mindfulness practice where we consciously make an effort to "wake up" in our own lives! A perfect time to be practicing!

**Side note:** While my initial intention was to send out this newsletter on a monthly basis...

several factors have made it clear that it will likely be an every other month publication. Without a lot of unnecessary details, let me just say that my hope is that by sending news every other month, there should be more interesting and helpful information as well as more time to put it in a format that supports you wanting to read it! What do you think? I believe I can hear your answer to that..."maybe good, maybe bad...who knows", right?!

At any rate...I hope you enjoy the latest edition...warmest spring wishes!

—Valerie



10,000 Flowers in Spring,  
The moon in Autumn  
A cool breeze in Summer  
Snow in Winter  
If your mind isn't clouded  
by unnecessary things,  
this is the best season  
of your life

Wu-Men

### Springtime mindfulness Tips:

- There are special sights/sounds/sensations to notice in nature as spring arrives...the yellow of a daffodil, sounds of baby birds chirping, the feel of a gentle rain...consider meditating outdoors or just bring full awareness to what you see out the window, pay attention to sights and sounds any moment you find yourself outside.
- Rather than focus on “getting swimsuit ready” by dieting, consider increased awareness of mindful eating. Actually taste each bite and notice sensations of fullness, make mindful choices of what to eat, etc.
- Move exercise back outdoors—get off treadmills and out of spin classes and get out on trails and “real bikes”. Since the sights, sounds and even sensations (e.g. the sun on your neck, the feel of a cool breeze or a light rain on your face, etc.) outside may be more pleasant than in the gym, consider passing on the headphones and enjoying some “mindful workouts” with full awareness of what is being seen, heard and experienced
- Consider “waking up” or reviving connection with family or friends by choosing to engage in mindful communication...making a call rather than sending a text and then really listening... noticing the sound of their voice, worrying less about what you are going to say next and just taking in what they say, etc. Or, better yet, make time for an in person visit and bring full presence to the moment by speaking and listening from the heart.w



### Mindfulness Weekly Practice Continues!

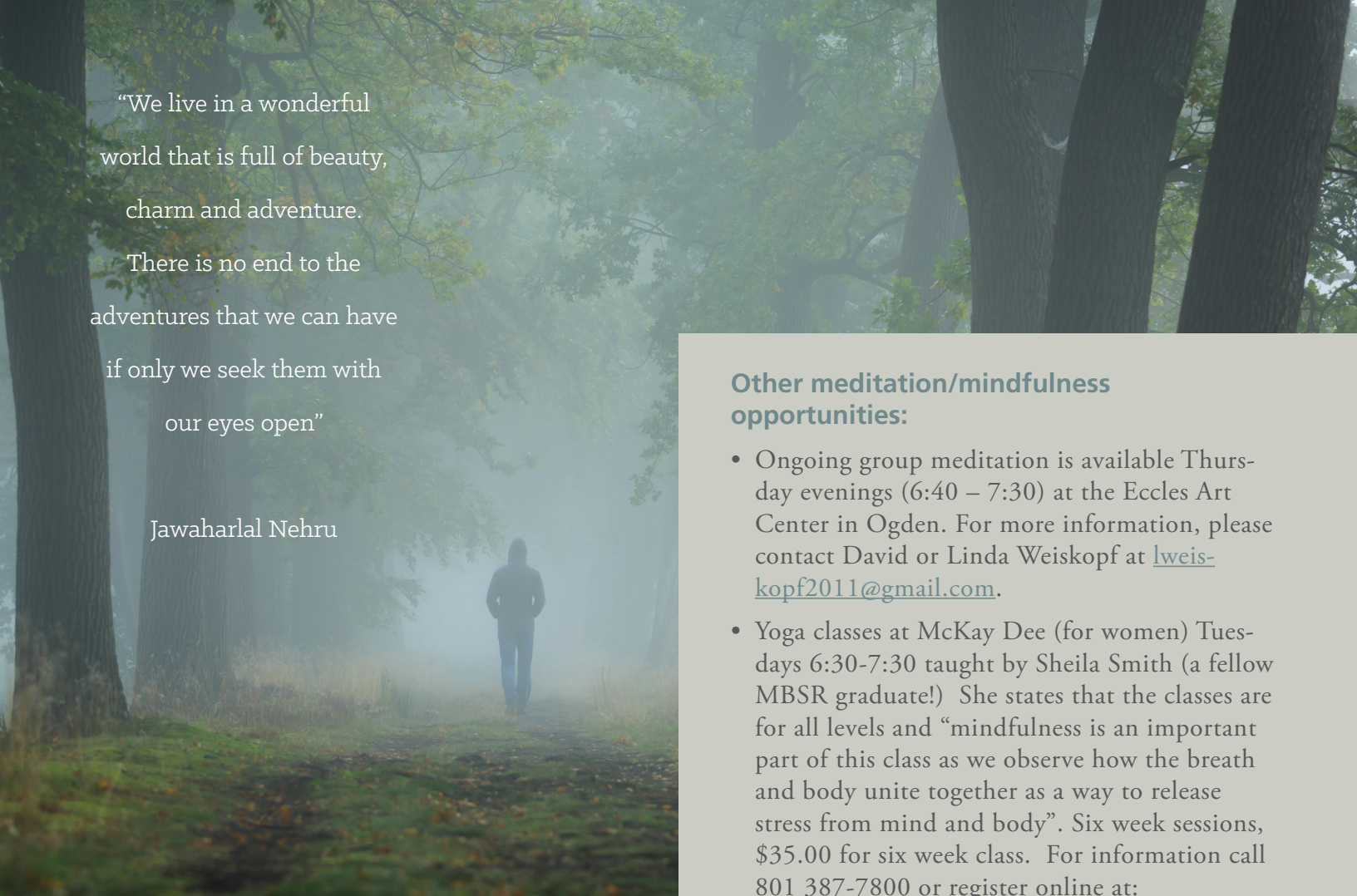
**When:** Wednesday evenings 5:15-6:00

**Where:** Summit Day Treatment  
(4387 Harrison Blvd—where MBSR classes are held)

*Thank you to all who have attended the weekly meditation sessions!*

For those of you who have not yet joined us, please know you are welcome to drop in any time. Meditation cushions are always placed by the entry to the group room so if you are a bit late, feel free to slip in, take your shoes off, grab a chair or cushion and practice for a few minutes in the company of friends!



A person is walking away from the viewer down a narrow, misty path in a forest. The path is covered with fallen leaves and is flanked by tall, mossy trees. The atmosphere is foggy and serene.

“We live in a wonderful  
world that is full of beauty,  
charm and adventure.

There is no end to the  
adventures that we can have  
if only we seek them with  
our eyes open”

Jawaharlal Nehru

## ANNOUNCEMENT!

### NEW MBSR CLASS IN LOGAN WITH A NEW MBSR TEACHER

We are thrilled to announce that Intermountain Healthcare’s MBSR program is expanding into Logan! Sarah Richards (a qualified MBSR teacher trained by the Center for Mindfulness at the University of Massachusetts) will be teaching a Mindfulness Based Stress Reduction course for Intermountain Healthcare in Logan! An orientation for the class will be held on Tuesday April 11th at 6:30 PM at Logan Regional Hospital. Classes will start on Tuesday April 18th 6:30-8:30 PM at that site. If you have any friends or family members in the Logan area please let them know about this wonderful opportunity to learn more about and start a mindfulness practice! For more information call Sarah Richards at 801 809-8933. Registration is available online at:

<https://intermountainhealthcare.org/calendar/north/logan/mindfulness-based-stress-reduction/>

### Other meditation/mindfulness opportunities:

- Ongoing group meditation is available Thursday evenings (6:40 – 7:30) at the Eccles Art Center in Ogden. For more information, please contact David or Linda Weiskopf at [lweis-kopf2011@gmail.com](mailto:lweis-kopf2011@gmail.com).
- Yoga classes at McKay Dee (for women) Tuesdays 6:30-7:30 taught by Sheila Smith (a fellow MBSR graduate!) She states that the classes are for all levels and “mindfulness is an important part of this class as we observe how the breath and body unite together as a way to release stress from mind and body”. Six week sessions, \$35.00 for six week class. For information call 801 387-7800 or register online at: [www.mckaydee.org](http://www.mckaydee.org)

*(please note, mid session registration is available with pro-rated cost)*

- Yoga classes offered by Charlotte Evans (who led one of the all-day yoga sessions: SlowFlow Mondays at 9:00 AM at the Yoga Loft in Ogden <https://frontogden.com/programs/yoga/> SlowFlow/Yin yoga Tuesdays at 5:30 PM at Free Spirit Yoga in Eden <https://freespiritmountains-pa.com/yoga/>
- Weekly MBSR meditation group Wednesdays 5:15-6:00 Summit Day Treatment (4387 Harrison Blvd) free to all MBSR graduates (led by Valerie)
- Registration open for September MBSR classes at McKay (taught by Valerie Bentley, PhD). Register online at: <https://intermountainhealthcare.org/calendar/chc-mckay/mindfulness-based-stress-reduction-mbsr/>



*Valerie Bentley, PhD, is a licensed psychologist who has been a part of McKay-Dee Behavioral Health for more than 25 years.*

*Her primary focus is treating adults with mood and anxiety disorders. In addition, she has extensive experience in working with individuals with treatment resistant personality disorders, chronic pain management, loss and grief issues, post traumatic stress disorders, and relationship problems. She has experience in couples and group therapy and has received training in mindfulness and meditation techniques. She is a qualified Mindfulness-Based Stress Reduction (MBSR) teacher and offers MBSR classes through McKay-Dee Hospital. Dr. Bentley received her PhD from Brigham Young University.*



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