What is Mindfulness?

The process of actively making new distinctions about a situation and its environment, or its current context.

When Mindful...

We are actively engaged in the present and sensitive to both contexts (i.e., “What is our present situation?”) and perspectives (i.e., “How are we viewing the situation, and how might others view it?”).

Mindfulness

A mental state that includes awareness, flexibility, openness, and creativity

Mindlessness

When one considers only a single perspective about an event or a situation and reflects a reliance on automatic or repetitive thought processes, judgments and behavior.

Mindfulness Program

This mindfulness form does not involve meditation. This is the first time this approach to mindfulness is used for individuals with stroke and their loved ones.

We hope to better understand the impact of Mindfulness on quality of life, stress and sleep quality.
Mindfulness after stroke

Who?
Stroke survivors and their caregivers aged 18 years and up

What?
- 3-week online mindfulness program
- No meditation component
- Participants will provide feedback on the program and complete short questionnaires about their quality of life, mental well-being and sleep quality at 3 time points (before, after and 1 month after the end of the program)

For more information?
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Everything will be done online

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