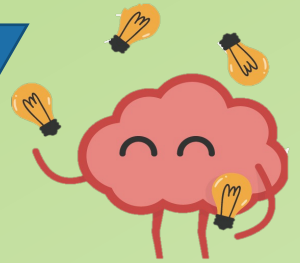


# MINDFULNESS

## 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

vs.

### Mindlessness

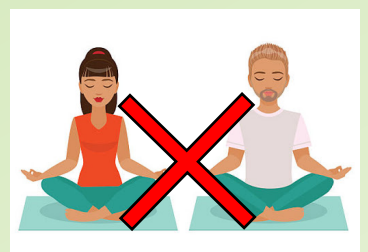


When one considers only a single perspective about an event or a situation and reflects a reliance on automatic or repetitive thought processes, judgments and behavior.

## 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



**For more information?**

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**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)

Everything will be done online

**USC** Division of Biokinesiology  
and Physical Therapy