science, skills, scale
How can we bring well-being into a place where the vast majority of us spend the most of our waking hours — at work?

A new program offered by Healthy Minds Innovations, the nonprofit affiliated with the Center for Healthy Minds, is bringing well-being skills to a variety of workplaces. Primarily accessed through a smartphone app, the program focuses on core components of well-being inspired by decades of research at the Center for Healthy Minds and others in the field.

Drawing on core skills of awareness, connection, insight and purpose, the program gives users feedback on their well-being and includes embedded measures and surveys to assess different aspects of their minds.

“We think of the Healthy Minds Program as more than mindfulness,” says Kelly Gatzke, Chief Product Officer for Healthy Minds Innovations. “There’s a larger framework at play based on decades of science, and one of our goals is to learn more about what works in real-life settings to improve our scientific understanding of well-being.”

So far, the program has been piloted at five companies and organizations across the United States.

A recent five-week pilot among educators at the Madison Metropolitan School District highlights how the program’s skill-based content may help people handle daily stress on the job.

“The program made me more open-minded about where people might be coming from,” says Amy Helby, a support teacher for student services with the school district. “Sometimes I would be quick to judge, and through mindfulness, I would be more thoughtful about where people are coming from and how I can use mindful practices to stay calm in a situation that might normally get me a little ramped up.”

Another participant shared that “this course of practice brought me back to what I actually love about teaching.”

Researchers believe the program is helpful, though additional work is required before drawing firm conclusions.

Next steps for the program include tailoring it to different professions — exploring whether it’s helpful across age groups — and translating it into other languages to scale these practices globally.

To find out more, visit go.hminnovations.org/limited-release.


For more information, please visit the Healthy Minds Innovations website at go.hminnovations.org.
JOIN US FOR OUR ANNUAL CELEBRATION WITH JON KABAT-ZINN

We invite you to join us for The World We Make 2019 gathering Nov. 13 to celebrate and share exciting new possibilities to create a kinder, wiser, more compassionate world, together.

Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction Program and national bestselling author, will be our featured speaker.

Donors giving $1,000 or more annually will receive two complimentary registrations to this celebration.

Learn more at centerhealthyminds.org/twwm-2019

VETERANS MORE LIKELY TO USE HEALTH SERVICES POST 9/11

A new study examines how veterans sought treatment for certain mental health conditions following the terrorist attacks of Sept. 11, 2001. The analysis, led by Center faculty member Simon Goldberg, found that post-9/11 veterans were less likely to delay treatment for Post-Traumatic Stress Disorder (PTSD) and depression than pre-9/11 veterans and civilians. However, no differences were observed in treatment delay for alcohol use disorder.

MINDFULNESS MEDITATION HELPFUL FOR MENTAL HEALTH TREATMENT, BUT SOME EVIDENCE OUTpaces OTHERS

A recent meta-analysis from the Center suggests that mindfulness meditation is useful for certain disorders like depression, anxiety, substance abuse and chronic pain. For other conditions, like bipolar disorder and schizophrenia, science is at an even earlier stage. Researchers are still exploring which aspects of these conditions, if any, might be treated by mindfulness meditation, and what adaptations might be needed for the interventions.

your life, your legacy

As a Center supporter, you are bringing exciting discoveries into the world to help people learn to be happier, cultivate healthier minds and create a kinder, wiser, more compassionate world. You can ensure the Center’s research and impact continues long into the future. A planned gift, such as a bequest or trust beneficiary designation, can be a significant way to continue making a positive difference.

The University of Wisconsin Foundation Office of Gift Planning offers planned giving resources and will answer any questions you might have.

“My job is a joyful one. Every day I hear from donors how important it is for the values they cherish now to continue long into the future. People tell me they are grateful to give — and it always reminds me that I am so fortunate to be able to help. I am especially pleased to support The Center for Healthy Minds, where I previously served as Senior Director of Development. Please don’t hesitate to reach out to me if I can help with your will or estate plans — I’d love to hear your story.”

To discuss making a bequest or to receive assistance, please contact Molly Schmidt (molly.schmidt@supportuw.org), or the Center’s Director of Donor Engagement, Lorri Houston (lhouston2@wisc.edu or 608.267.3672)