

YOGA HILLSBORO

& THE STRESS REDUCTION CLINIC

ANXIETY, ACCEPTANCE AND MAKING PEACE

We asked our students to share their experience of learning MBSR, yoga and Nia. Here is an essay from by an MBSR program graduate about working with anxiety and finding peace:

"I've made some peace with my anxiety. I am more accepting of it, less inclined to want to fight it, and fight myself. I think that gives me some leave to get on with my life rather than continuing to pause it while I look for a solution. That comes from learning kindness and acceptance for myself and from learning about living with what I have and how I am and what's going on right now."

- Lisa Lynch