

December 17, 2013 | By Jackie Carr

## Reduce Workplace Stress and Increase Productivity with UC San Diego Center for Mindfulness

### New Program Brings UC San Diego Experts Onsite to Local Companies



*kman, PsyD*

The UC San Diego Center for Mindfulness has launched a WorkLife Integration Program for companies that would like to help their employees reduce stress, increase focus and improve productivity. The convenient in-house training program is designed for companies of all sizes and for employees of all organizational levels. Program options include lunch-and-learn presentations, introductory mindfulness training workshops, the flagship 8-week Mindfulness Based Stress Reduction experience and programs customized to specific organizational goals.

“Stress is widely acknowledged as a drain on the bottom-line of workplaces of all kinds. The WorkLife Integration Program offers employers a solution that can be brought right into the work environment,” said Steven D. Hickman, PsyD, executive director of the UC San Diego Center for

Mindfulness. “The program helps shape a positive, better workplace culture through mindful awareness and practice. Tangible results include improved health, reduced absenteeism, and facilitating the expansion of mindful leadership.”

The mission of the WorkLife Integration Program is to provide tools for employees who want to develop a healthier relationship with stress, one that allows them to control their response to stress, and not let stress control them. Additional benefits may include improved working memory and concentration and anxiety reduction.

To learn more about the UC San Diego Center for Mindfulness and workplace programs, please email Christy Cassisa, JD, director of WorkLife Integration Programs at [cfmworklife@ucsd.edu](mailto:cfmworklife@ucsd.edu)

### **About the UCSD Center for Mindfulness**

The Center for Mindfulness is a division within the UC San Diego Center for Integrative Medicine and Department of Psychiatry. Since 2000, the Center has taught the Mindfulness-Based Stress Reduction (MBSR) program developed by Jon Kabat-Zinn, PhD at the University of Massachusetts Medical School Center for Mindfulness. The Center is a multi-faceted program of clinical care, professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society.

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