

Mindfulness meditation program for people with sarcoidosis

Theoretical background

Stress is one of the most important factors for health risk and can lead to many psychological, physical and social harms. In addition, international scientific studies show that stress promotes the development, maintenance and aggravation of diseases. This finding is particularly worrying as newly established statistics report an increase in the number of people subject to chronic stress in Switzerland.

Relaxation, activation of resources and life skills can help minimize the negative effects of stress on health.

Our program

On the basis of scientific knowledge, clinical experience of many years in stress management, in consulting and psychotherapy, University of Zurich has developed a program taking into account the interactions between the body and mind. Our program offers the opportunity to acquire various methods of stress management and optimization of resources and their use in daily life. The objective of this program is to develop a better stress management and gain more control over the stressors and increase their well-being. The program consists of six modules for 1h45min taking place every two weeks.

Individuals interested in participating in this program can subscribe to the e-mail address: romandie@sarcoidose.ch

Swiss Association against Sarcoidosis SSARV-ASCS