

Fact Sheet

Mindfulness-Base Strengths Practice



- 1** MBSP is an evidenced-based, manualized 8-week program that integrates the best science and practice of character strengths with the best science and practice of mindfulness.
- 2** MBSP was the first positive-oriented, strengths-focused mindfulness program.
- 3** MBSP is the only mindfulness program to systematically target character strengths.
- 4** MBSP is a rare mindfulness program that targets ways to improve mindfulness and mindful living practices by using internal qualities.
- 5** MBSP emphasizes the individual, their imperfections and their strengths, as well as their motivation areas in regard to practicing mindfulness/ strengths.
- 6** MBSP was founded 10 years ago by Dr. Ryan Niemiec. As education director of the renown VIA Institute on Character, he is regarded as a global leader in character strengths.
- 7** MBSP touts better outcomes head-to-head than the world's leading mindfulness program (mindfulness-based stress reduction/MBSR) in at least 3 scientific studies. The addition of character strengths appears to be a substantial value-add.
- 8** MBSP is used across the globe by practitioners in an estimated 50+ countries.
- 9** MBSP reveals a special impact on positive relationships, which might be a unique benefit for a mindfulness-based program.
- 10** MBSP impacts a myriad of benefits for well-being, including self-acceptance, positive relations with others, environmental mastery, and positive affect
- 11** MBSP simultaneously helps people boost well-being and manage their problems. There are benefits to happiness and meaning while also benefiting stress and life challenges.
- 12** MBSP led to increased student retention in the university setting, in one study.
- 13** MBSP led to increased workers' performance, as measured by their supervisors, in another study.
- 14** MBSP led to 100% of participants reporting at least one substantial positive outcome in a cross-cultural study of over 100 individuals involving multiple, international MBSP leaders.
- 15** Unlike the majority of mindfulness programs, MBSP is not a static program. It infuses the latest science and best practices of mindfulness and character strengths as the field evolves.

