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# Meditation-Based Stress Reduction Program

National Cancer Institute

## Source

National Cancer Institute. *Meditation-Based Stress Reduction Program*. NCI Thesaurus. Code C137948.

A clinical program that provides systematic training to promote stress reduction by self-regulating arousal to stress. The goal of training is to teach participants to become more aware of their thoughts and feelings, and through meditation practice, to have the ability to step back from thoughts and feelings during stressful situations that contribute to increased emotional distress.