

Abstract

Stress, especially the chronic one, plays an essential role in the quality of human health, work, relationships and life in general. In recent years, scientific research in areas such as medicine, psychology or neuroscience has become increasingly interested in the effects of mindfulness training on the human psyche and health. In this context, clinical mindfulness-based training programs are usually examined. The aim of this work was to map the effect of the clinical program Mindfulness-Based Stress Reduction (MBSR), which is widely used abroad, on the level of stress. The theoretical part focuses on the existing knowledge about the effects of the MBSR program on health and personal well-being and the proposed mechanisms of action. The research part, in turn, on the knowledge of the effects of this program on stress and quality of life of participants in this program through quantitative research aimed at measuring changes in stress levels and qualitative research, analyzing interviews with program participants. The main result of the research part is the finding that the effect of the MBSR program on stress is an important part of the effects of this intervention and its completion may lead to a reduction of perceived stress ($N = 190$, $p < .001$, $d = 0.81$). Qualitative research found that the intervention most often affects the management of stress, emotions, reactions, relationships and communication in participants. This thesis could contribute to researching programs based on mindfulness in our country and their better understanding and acceptance by the professional community and public health institutions.

Keywords: stress, coping, health, well-being, mindfulness, self-compassion, self-regulation, MBSR