**MINDFUL OR MINDFULL?**

**THE ROLE OF MINDFULNESS IN STUDENT SUCCESS**

**Katherine LeRoy - Samuel Merritt University**

[**kleroy@samuelmerritt.edu**](mailto:kleroy@samuelmerritt.edu)

***The practice of being aware of your body, mind, and feelings in the present moment.***

(Cambridge dictionary)

***Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.***

**(**[**www.Mindful.org**](http://www.Mindful.org)**)**

**ARTICLES ON ANXIETY**

* **Time Magazine**, *Record Numbers of College Students Are Seeking Treatment for Depression and Anxiety – But Schools Can’t Keep Up,* (March 2018)
* **The Chronicle of Higher Education**, *“I Didn’t Know How to Ask for Help”: Stories of Students With Anxiety,* (Feb 2018)
* **Psychology Today**, *The Anxiety Epidemic,* (June 2017)
* **Time Magazine**, *Anxiety, Depression &* *The Modern Adolescent,* (November 2016)

**MINDFULNESS WEBSITES**

* [**www.GreaterGood.berkeley.edu**](http://www.GreaterGood.berkeley.edu) **-** Sponsors scientific research into social and emotional well‐being and helps people apply this research to their personal and professional lives.
* [**www.MindfulSchools.org**](http://www.MindfulSchools.org) **–** Although their work focused on integrating mindfulness into the everyday learning environment of K-12 classrooms, their courses and resources can be applied to higher education.
* [**www.UMassMed.edu/cfm/**](http://www.UMassMed.edu/cfm/)- The official website for the University of Massachusetts’s *Center for Mindfulness in Medicine, HealthCare & Society* which includes a wide range of information about Mindfulness-Based Stress Reduction.
* [**https://www.Mindful.org**](https://www.Mindful.org)– A wide range of resources and information for people who want to learn more about mindfulness.
* [**http://www.MindfulTeachers.org**](http://www.MindfulTeachers.org)– An international community of educators and helping professionals sharing their experience about promoting mindfulness in the classroom.

**MINDFULNESS APPS (Andriod & iOS)**

* [**Insight Timer**](https://insighttimer.com/) - Meditation timer tool that also includes playlists and guided meditations.
* [**Headspace**](https://www.headspace.com/) - Helps you learn the basics of breathing and visualization in short easy-to-access lessons.
* [**Stop, Breathe & Think**](https://www.stopbreathethink.com/) - Easy, practical tools for meditation and positive thinking.
* [**Calm**](https://www.calm.com/http:/www.10percenthappier.com/) – Voted 2017 App of the Year for mindfulness and meditation.
* [**10% Happier: Meditation for Fidgety Skeptics**](http://www.10percenthappier.com/) – Clear and simple approach to meditation from a range of well-respected teachers.