

SDSU

Mindful Compassion Webinar
Oct. 18, 2018

Presenters:
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Key Factors

- Students are experiencing unprecedented levels of stress and anxiety. (Bamber & Schneider, 2015; Garlow et al., 2008; Lu, 1994)
- Undergraduate students face a significant life change as they move into emerging adulthood and face new multi-faceted responsibilities. (Arnett, 2000; Bamber & Schneider, 2015)

Key Factors

Students face challenges from:

- academic rigor
- papers and tests
- reduction in sleep
- social situations
- roommate issues
- family issues
- financial challenges
and other stressors

Koru Mindfulness at Clarion University



Koru Course Requirements

- Mandatory attendance at all 4 classes
- Required reading: *The Mindful Twenty-Something*
- 10 minutes of mindfulness practice each day
- Daily mindfulness activity
- A log of mindfulness practice submitted through the app each day
- Completion of a course evaluation at the end

Koru Basic Class Structure

- Four, 75-minute classes
- Classes are small, diverse groups with maximum of 12 students
- Each class includes:
 - Short opening meditation
 - Check-in
 - Mind-body skill
 - Mindfulness meditation practice

Check-in: Connection and Learning

- Most of the teaching occurs during check-in.
- Students are asked to share their experience with their mindfulness practice over the week.
- The students' questions and comments serve as prompts for covering important learning issues.
- The group process allows for connection and community to develop.

The Skills

Class 1

Dynamic Breathing & Diaphragmatic Breathing

Class 2

Walking Meditation

Class 3

Guided Imagery

Class 4

Eating Meditation

The Guided Meditations

Class 1
Body Scan

Class 2
Gatha

Class 3
Labeling Thoughts

Class 4
Labeling Feelings

Reasons why they chose to participate

I'm all over the place and I've realized its not okay

I would like some coping mechanisms for anxiety

Decrease stress and stop overthinking so much

To learn to live in the moment and learn to better cope with stress

I want to become mindful/present with myself. More at peace

I'm interested in being open to change and trying something new

I personally am very involved and I am very stressed at times. In the summer, I wanted to really connect with my mind and this is my opportunity

To help me be present and not worry about my past or present

I have a lot of problems (anxiety, depression, stress...) I will like to know how to calm down or something

Stress

Reasons
why
they
chose
to join

Participants, 10 Began, 8 Completed

RACE	AGE	GENDER	SES	F COLL	M COLL	PELL/ PHEAA	YR
60% WH	50% 18	90% F	10% P	50%	20%	70%	60% F
10% HIS	18-23		10% WC				10% S
10% BL	18.5		60% MC				10% J
20% MULTI			20% UMC				20% S

Participants cont. 10 Began, 8 Completed

HEAR	HEALTH	STRESS CHANGE	ONGOING STRESS	Prev Exp	Amt Prev Exp	MAJOR	GPA
50% INV	30%	50%	COLLEGE	40%	NEG	English ENV BIO	60% >3.7
20% e	TOUR	MOVING	EVERYTHING			CSD	20% <2
WRK	ADD	FAMILY	FINANCES			COMM	
FAC LLC	ANX BPD		GRAD SCHOOL			REHB EXP	

Previous Experiences with Mindfulness

No - Previous Experience	4
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Yes - Limited	3
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Yes - Tried it	3
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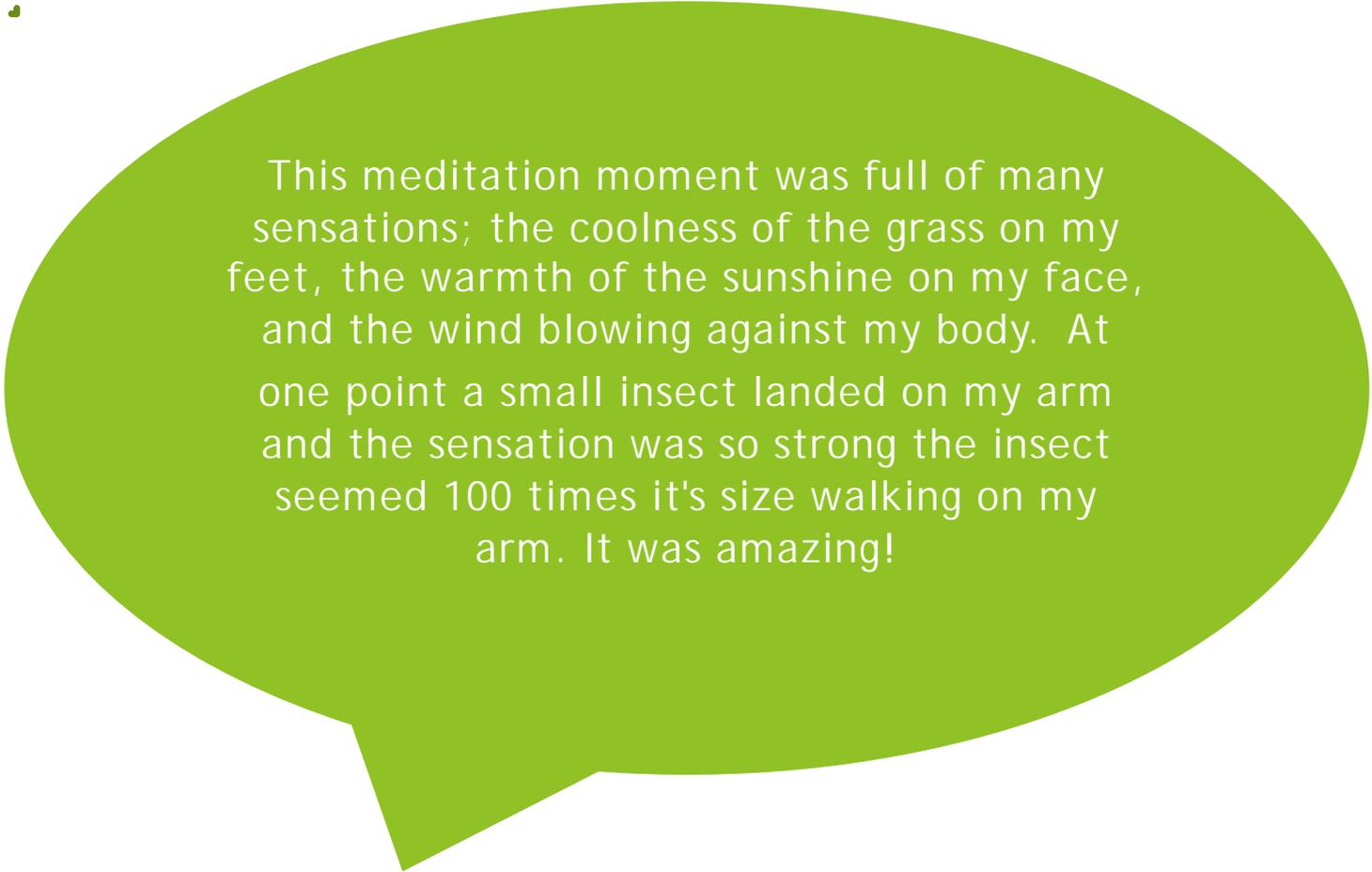
Stress Outcomes

Fears, thoughts lead to anxiety	7
Arguments or Fights	1
Other	4
Poor Academic Performance	1
Tourette's	1

I honestly think it was fun. At first I was kind of skeptical about it. I really was, but as we progressed through the lessons and meditating every day, well, almost every day. Weekends, I was kind of ditzy on that. But for the most part I was really happy with the whole I would say process, the group, the learnings and how it was taught, liked all of it.

"Yeah, I feel like we all felt the same like starting out, like we didn't know what to expect and then once we were all doing it like we all had something in common that we were all looking forward to do" -

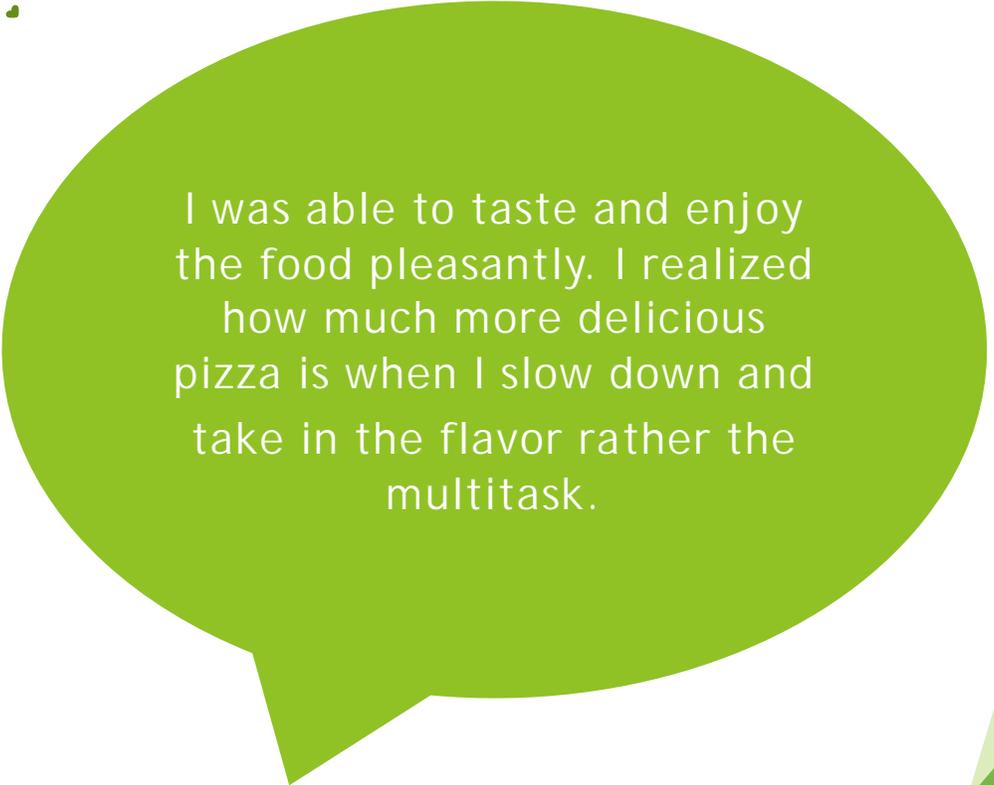
"I feel like there was a sense of security. Like we knew what we said, or like our reflections that we share, we knew it wasn't gonna leave that room. Even though it wasn't nothing that was super secretive it was just like we all had an understanding without saying it"



This meditation moment was full of many sensations; the coolness of the grass on my feet, the warmth of the sunshine on my face, and the wind blowing against my body. At one point a small insect landed on my arm and the sensation was so strong the insect seemed 100 times its size walking on my arm. It was amazing!



I've realized that I've mellowed out drastically. I felt like I was in control after meditating



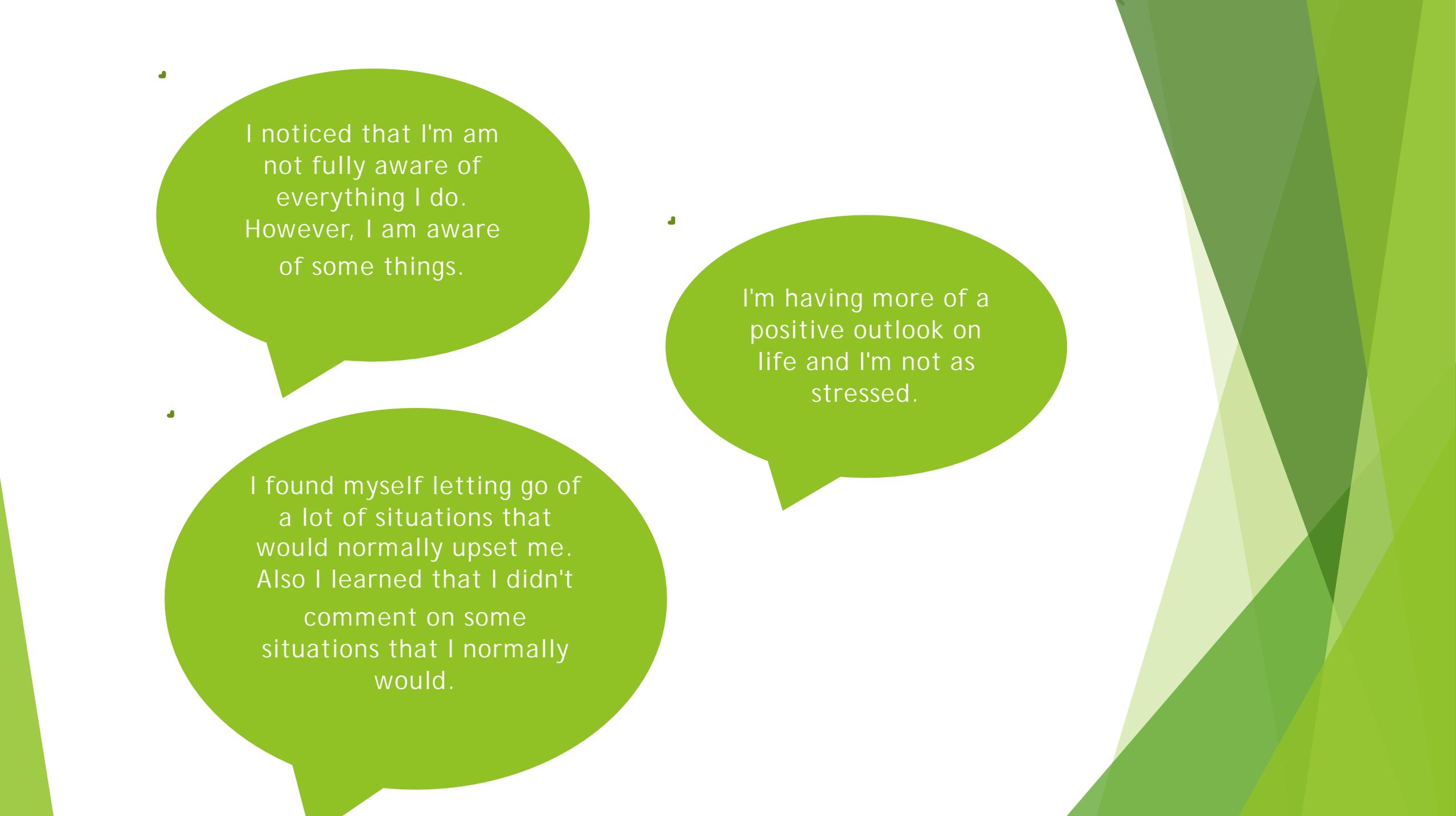
I was able to taste and enjoy the food pleasantly. I realized how much more delicious pizza is when I slow down and take in the flavor rather than multitask.

Getting back into studying after taking a break to meditate was a lot easier, and i was able to focus easily after

I just had my first panic attack in a long time. This was the first time I used meditation during one and it thankfully made it stop quickly. It helped a lot

We often automatically think that distractions are all negative things like worry, anxiety, anger, or sadness, but happy things that you are looking forward to can be equally distracting when trying to calm your mind.

My cheeks and eyes have a lot more tension than I thought they could.



I noticed that I'm am not fully aware of everything I do. However, I am aware of some things.

I'm having more of a positive outlook on life and I'm not as stressed.

I found myself letting go of a lot of situations that would normally upset me. Also I learned that I didn't comment on some situations that I normally would.

What was the most important thing you learned from participating in the workshop?

- ▶ Patience
- ▶ Learning to control anger (stopped, meditated, and felt able to take control of the situation)
- ▶ Stopping for 10 minutes can change the rest of your day
- ▶ Going off of patience and being mellow, as you know, I was in a rocky relationship with my roommate and felt that no matter what it cost, I was going to leave. At the end of this, if she wants to leave, she can go ahead and do it, but I'm going to do my thing. I'll mediate and I'll feel like really relaxed at the end. I've learned to apply my hot headedness and my emotions more responsibly.

What was the most important thing you learned from participating in the workshop?

- ▶ I think it helps with anxiety. (The counting calms.)
- ▶ It helps to take just one day at a time. I was looking at the future and found myself constantly looking ahead and how it will be better in the future. *How do you do that?* I stop and I give myself a mini-pep talk.
- ▶ It helps you be aware of the moment and appreciative of each moment.

BELIEVE
THERE IS
GOOD IN
THE WORLD

Thank you 😊