

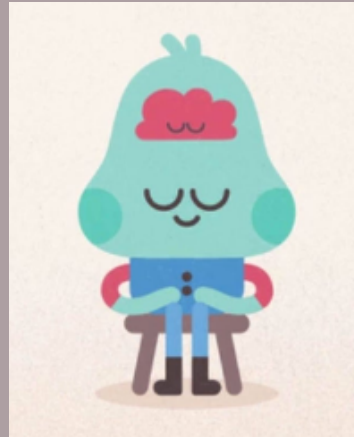
## What is Mindfulness?

*"Awareness that emerges through paying attention, on purpose, in the present moment and non-judgmentally to the unfolding experience moment by moment"*

-Jon Kabat-Zinn

## What the research shows:

- Lowers the stress response
- Increases compassion
- Regulates emotions
- Rewires the brain



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## MINDFULNESS MEDITATION FOR ANXIETY REDUCTION

**The Center for  
Integrated Wellness**  
Forcina Hall Room 124  
TCNJ

# GET STARTED TODAY

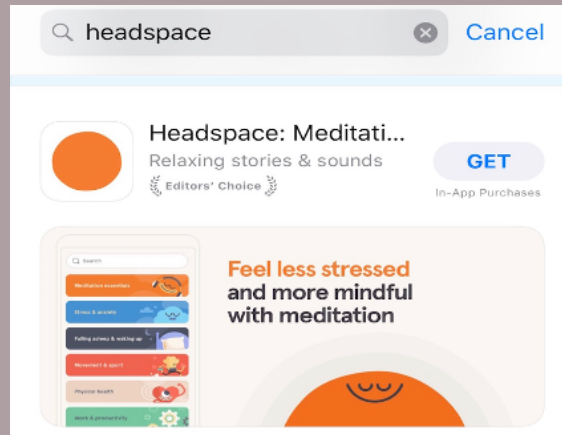
A recent study found that students who meditated using mindfulness-based apps known as **Headspace** and **Smiling Mind** for just 10 minutes a day for 10 days had less anxiety and stress.

The study participants also noted an improvement in mindfulness, college adjustment, and resilience while reducing symptoms of depression.

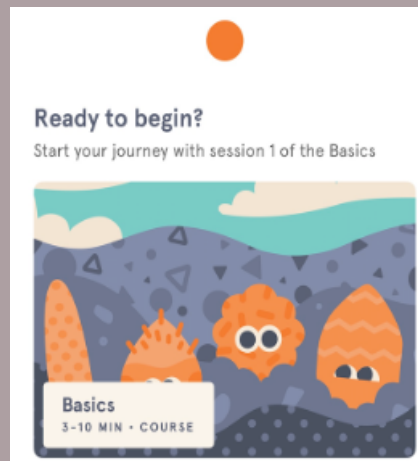


## HEADSPACE

Simply go to the App store on your phone and type in Headspace or type in Headspace.com from a computer



Once downloaded, click on start your free trial  
Select Basics 3-10 min course to download 10 free sessions



## SMILING MIND

Simply go to the App store on your phone and type Smiling Mind or head to Smilingmind.com



Once downloaded, you will see a list of programs under your dashboard  
Click on adult programs -> mindfulness foundations-> then you will see 41 sessions highlighting various types of meditation

