

Teaching mindfulness  
to college students  
and other emerging  
adults.

# MIEA MINDFULNESS INSTITUTE FOR EMERGING ADULTS

# CONTENTS

- MIEA
- Practice
- Definitions
- Scientific research
- Closing

Mindfulness is....

**Mindfulness** is paying attention to your present-moment.

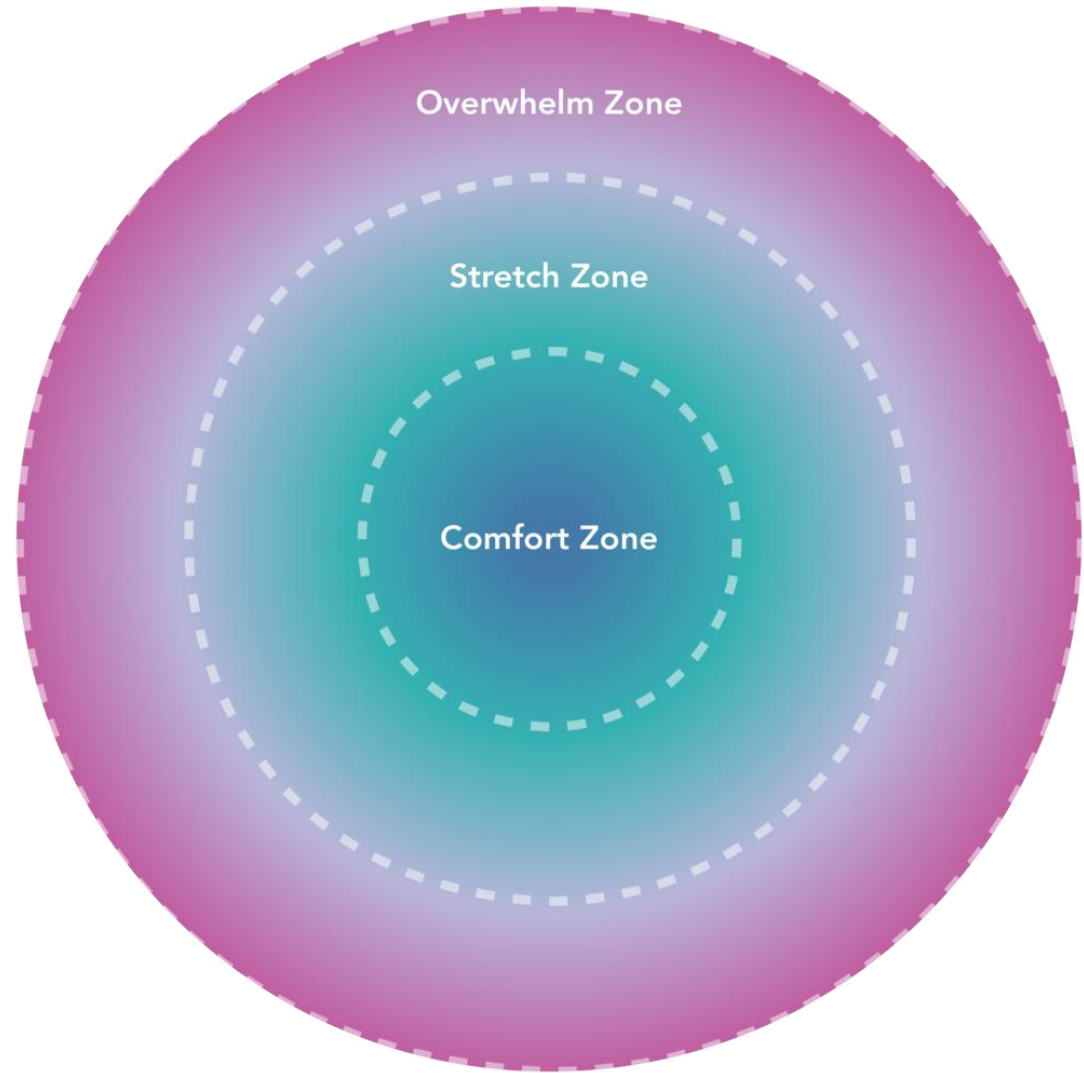
# INTRODUCTION

- *Institute for Mindfulness for Emerging Adults* developed a four-session introduction to mindfulness course.
- Specifically designed to meet the developmental needs of emerging adults in higher education.

MINDFULNESS IS PROVEN TO HELP.

- Mindfulness cultivates confidence, compassion, resilience, and wisdom.

# ZONES OF ACTIVATION



## MIEA WAS AS EFFECTIVE AS LONGER PROGRAMS THAT ARE LESS ACCESSIBLE FOR YOUNG ADULTS

- MIEA's randomized, controlled trial at Duke University shows MIEA as a very effective mindfulness intervention with students reporting significant improvement in the following:



Less stressed



More rested



Greater self-  
compassion



More mindful



# PRACTICE

Bringing awareness to the present moment using the breath as an anchor.

Body Scan

The Gatha