



The Role of Campus-based Mindfulness-based Stress Reduction Programs to Increase Resilience to Stress and Promote Retention

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Fleeing Syria Photographs by James Nachtwey / Peyton Power / Steve McQueen

TIME

THE
MINDFUL
REVOLUTION

The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERT

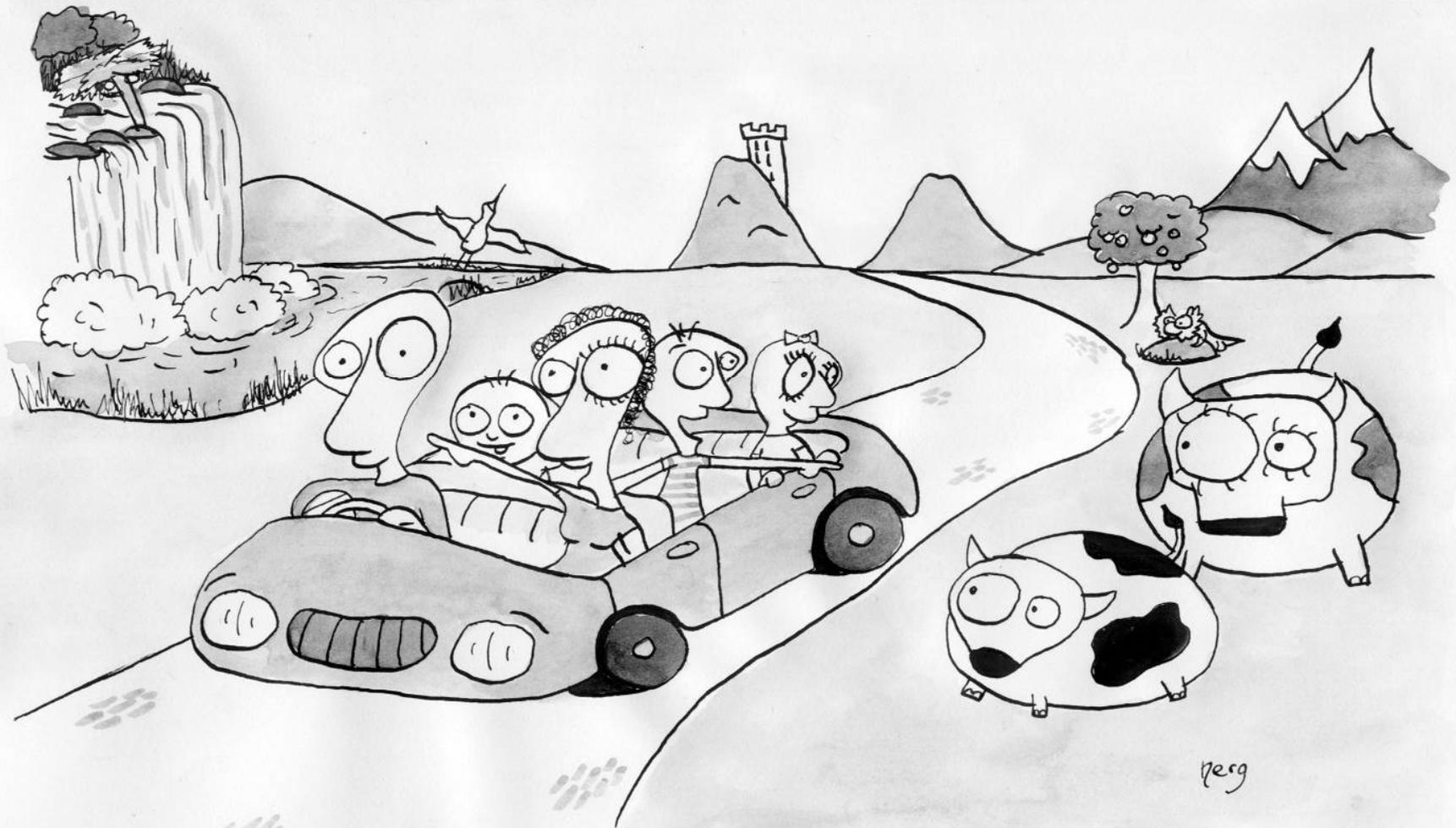
time.com

Defining Mindfulness

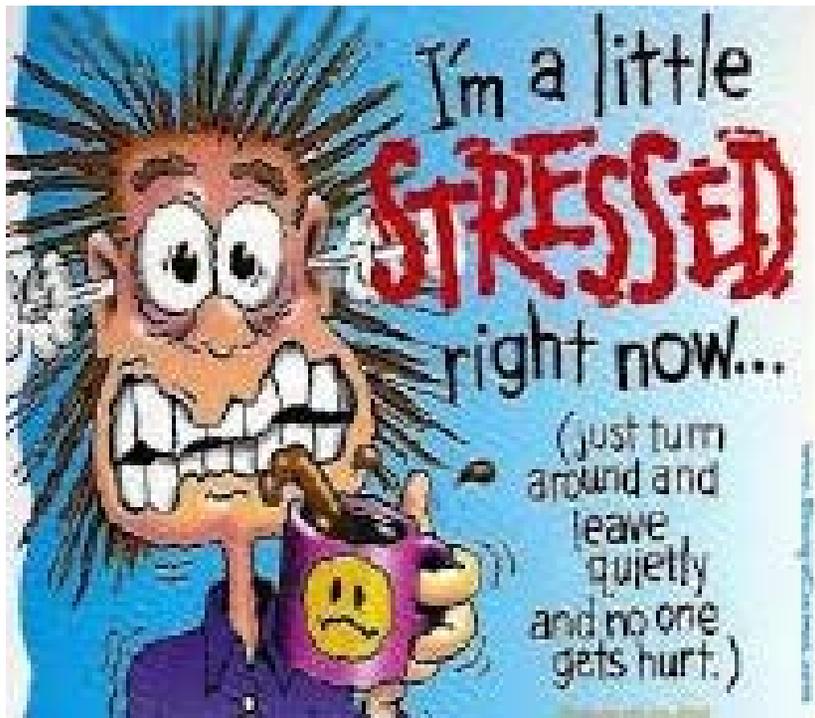
- Two-component model of mindfulness (Bishop et al., 2004):
 1. Self-regulation of attention
 2. Orientation characterized by curiosity, openness, and acceptance
- “awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment by moment” (Kabat-Zinn, 2003, p. 145).





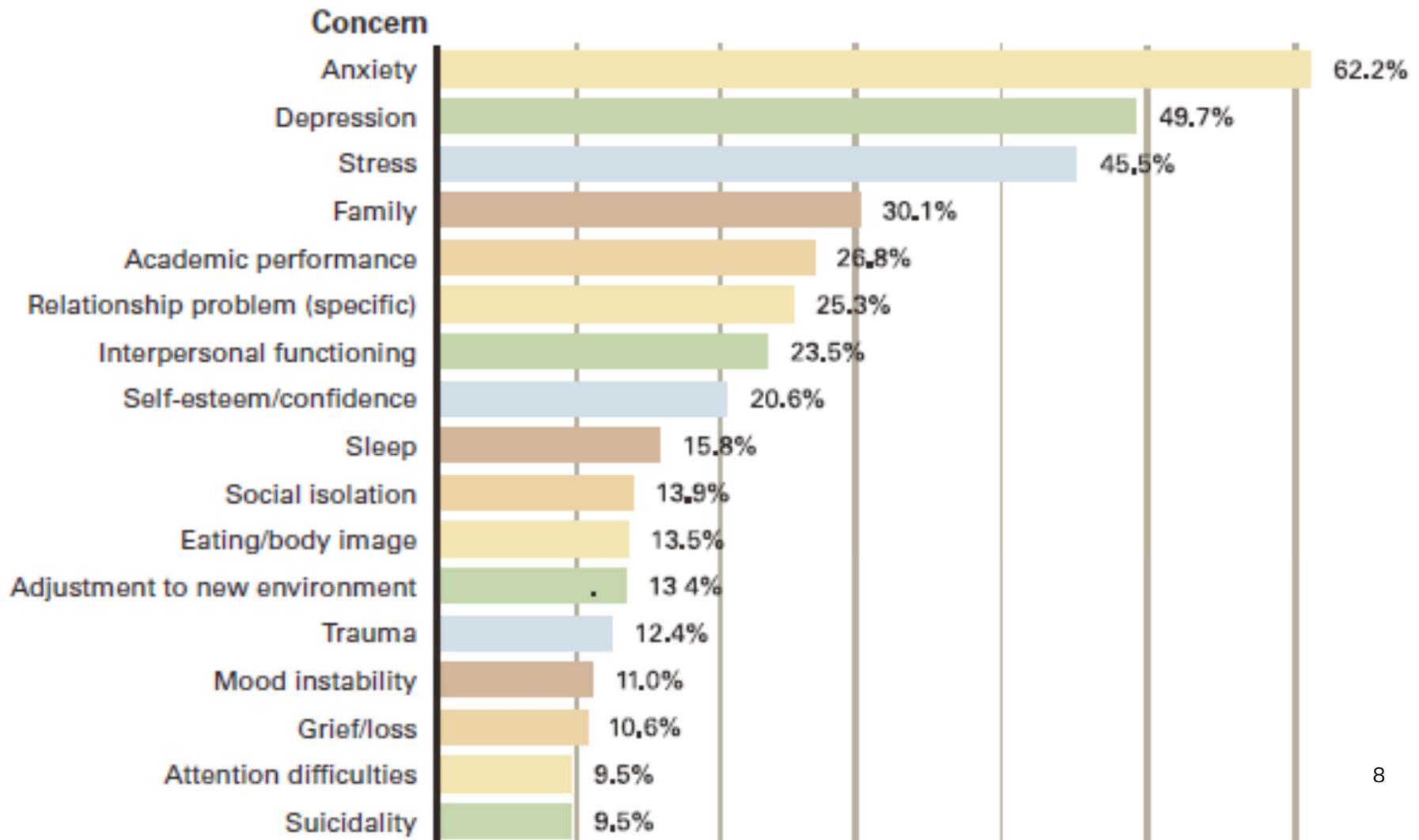


Welcome to College!



Center for Collegiate Mental Health, 2017 Report

Frequency of concerns across 161,014 college students seeking mental health treatment at university counseling centers in the United States



Mental Health Trends in CCMH 2016-2017 Report

- ❑ Students are increasingly likely to report a past traumatic experience
27% vs. 22% in 2010-2011
- ❑ Life-time prevalence rates of “threat-to-self” characteristics increased for the seventh year in a row among students seeking treatment
- ❑ Seriously considered attempting suicide:
34.2% vs. 24% in 2010-2011
- ❑ Made a suicide attempt:
10% vs. 8% in 2010-2011

Mental Health and Academic Difficulties

- ❑ Students who experience mild or moderate symptoms of depression or anxiety demonstrate more academic difficulties and lower GPA than non-depressed students (Locke, 2009; Deroma, Leach, & Leverett, 2009)
- ❑ Research on resilience in college students can shed light on factors that may improve the ability to effectively cope with academic and other stressors, thereby increasing the likelihood of graduating from college in a timely fashion

Resilience in College Students

- Exposure to stress is inevitable in college
- Stress and exposure to potentially traumatic events does not result in mental health problems for most people (Bonanno, Westphal, & Mancini, 2012)

Emotion Regulation and Resilience

- Flexibility in emotion regulation prospectively predicted better long-term adjustment in New York City college students following the September 11 terrorist attacks (Bonanno, Papa, O'Neill, Westphal, & Coifman, 2003)
- Flexibility in emotion regulation moderated the impact of cumulative life stress on friend-rated adjustment in college students (Westphal, Seivert, & Bonanno, 2010)

Emotion Regulation and Mindfulness

- ❑ Large body of evidence for salutary effects of mindfulness training across a wide range of problems and disorders (Goyal et al., 2014)
- ❑ Improvements in emotion regulation proposed to be a key pathway linking mindfulness with better outcomes (Hölzel, et al., 2011)
- ❑ Mindfulness may help a person to choose flexibly between emotion regulatory strategies to meet the demands of a given situation

Emotion Regulation and Mindfulness (cont.)

- ❑ Mindfulness may change the ways in which a person attends to, experiences, interprets and responds to emotions (Chambers et al., 2009)
- ❑ Mindfulness associated with:
 - Fewer emotional difficulties (Hill & Updegraff, 2012)
 - Reduced emotional reactivity (van den Hurk et al., 2010)
 - Faster recovery from emotional distress (Fogarty, et al., 2013, 2015)

Attention, Memory, & Executive Control

- ❑ Mindfulness associated with better attentional control and working memory (Hölzel et al., 2011)
- ❑ Meditation practice associated with better executive control and emotional acceptance mediates this relationship (Teper & Inzlicht, 2014)
- ❑ Mindfulness training improves functioning of specific subcomponents of attention (Jha, Baime, & Krompinger, 2017)

Mindfulness and Stress Reduction

- ❑ A random population-based study showed that mindfulness buffered against stress-related depression (Bränström, et al., 2011)
- ❑ Mindfulness is protective even in populations exposed to high levels of trauma, such as fire fighters (Smith et al., 2011) and emergency care personnel (Westphal et al., 2015; Westphal et al., under review)

Mindfulness and College Students: The Lancet Study

An RCT of an 8-week Mindfulness program conducted with 616 college students at the University of Cambridge, UK, found that post-intervention and during subsequent exam week, compared to controls, intervention participants:

- ▣ endorsed lower distress and higher well-being
- ▣ were less likely to report problems affecting their academic study or university experience

(Galante et al., 2018)

Mindfulness and College Students

- ❑ A review of studies on mindfulness meditation in college students found that most studies reported significant decrease in stress and anxiety (Bamber & Kraenzle Schneider, 2015)
- ❑ A study on the efficacy of an adapted mindfulness-based stress reduction (MBSR) in first-year college students, found that MBSR participants had higher self-reported emotional adjustment and lower physiological stress compared to controls (Ramler et al., 2016)

Mindfulness and College Students (cont.)

- ❑ MBSR participation led to significant reductions in social anxiety and perceived stress in college students at risk for social anxiety (Stefan et al., 2018)
- ❑ Female undergraduate students had significantly greater reductions in anxiety and stress after 3 weekly sessions of MBSR-based mindfulness practice compared to a control group (Call et al., 2014)

Mindfulness at Pace



Mindfulness at Pace (Cont'd)

Student Offerings:

- ❑ Workshops in Residential Halls & Campus Center
- ❑ “Mindfulness Tools for 1st Year Students” in Freshman Seminar (UNV 101)
- ❑ Guest Lectures in HSC and PSY courses
- ❑ Graduate Student Orientations (PA, DNP, PhD in Nursing)
- ❑ CHP 180: Mindfulness and Cultural Intelligence
- ❑ CHP 190: Mindfulness-Based Stress Reduction

Mindfulness at Pace (Cont'd)

Faculty and Staff Development:

- Pace Faculty Institute Presentation:
“Promoting Open-Minded Inquiry In and Out of the Classroom” (Maxam & Kaufman, 2018)
- “Mindfulness Tools for Student Affairs Staff”
- Mindfulness Workshops for Faculty & Staff
- MBSR Class at Pace:

<http://cps.pace.edu/lifelong-learning/mindfulness-based-stress-reduction-mbsr/>

Students' Reflections

- “So many things have changed from **learning to just live in the present moment** and **being aware of my body and all of its sensations**. Thank you for bringing such a beautiful practice into my life.”
- “This class is certainly teaching me **how to be more mindfully aware**, and I can see it in the actions I am taking ever since starting the class.”
- “...now that I reflect on this, it is incredible to see the **growth** over the course of just a few months in terms of **my rational and mindful approach** to the same situation.”

Students' Reflections

- "A few months ago, **I wasn't ready**. But since the end this semester, I am fighting with my feelings, not knowing what to do with them or how to handle my emotions. So as of today, I think **I am more receptive to Mindfulness.**"
- "I need something to help me **sooth my emotions** and **deal calmly** with my **problems** and I think **Mindfulness** is now **one of my best options.**"

Students' Reflections

“How Mindful Meditation has improved my life: **Before** my Mindfulness and Cultural Intelligence class **I have dealt with stress in unhealthy ways**. I would just try to push the stress to the back of my head, but I soon found out that this was a very unhealthy coping mechanism. **Staying still in silence** while **letting stress flow through my body, not pushing away the emotions but acknowledging them** has **tremendously impacted my life!**”

What is MBSR?

- ❑ Mindfulness-Based Stress Reduction (MBSR) is the most widely researched mind-body intervention in the world.
- ❑ MBSR uses relatively intensive training in mindfulness meditation as the core of a program
- ❑ Highly Experiential and Participatory
- ❑ Orientation, 8 Weekly Classes, All-Day Retreat
- ❑ Goal: Teach people how to take better care of themselves and live healthier and more adaptive lives.

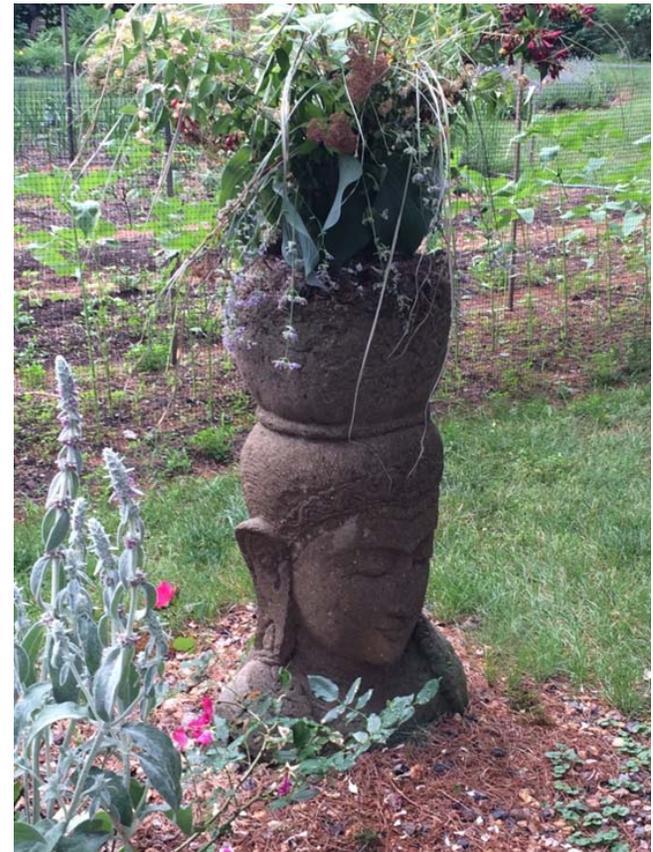
Origins of MBSR

- ❑ Developed by Dr. Jon Kabat-Zinn in 1979
- ❑ Stress Reduction Clinic at the University of Massachusetts Medical School (UMMS)
- ❑ 740+ MBSR Programs in Medical & Non-Medical Settings: schools, corporations, prisons, athletic training programs
- ❑ 24,000+ people completed MBSR course
- ❑ 7,000+ MD & other Health Care Provider referrals

Mindfulness Practice

- Sitting – Awareness of Breath
- Mountain Pose
- Mindful Listening

(Source: MBSR Program)



Reflection on Practice / Q&A

- Guided Inquiry: Reflection on Practice
- Discussion of Participants' Strategies
- Q&A
- Resources
- Contact us:

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Thank you!

