

Center: Mindfulness, Compassion and Resilience at ASU Annual Report 2021

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1. MISSION

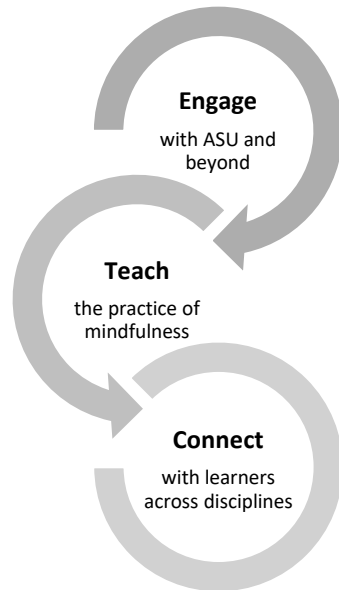
Scale an ASU-wide center that connects global researchers, scholars, teachers, practitioners, and learners around the concepts of mindfulness, compassion and resilience. ASU is known for a vibrant and forward-leaning community that embodies and models mindfulness as a context for learning, connecting and thriving. Our work is aligned with the ASU Charter and accelerates the innovative leadership culture of caring that is foundational to The New American University. We are known not only for what we do, but how we do it.

2. CENTER CORE FOCUS AREAS

Engage: Center brings together a vast array of transdisciplinary interests in order to best honor the needs of the university's diverse population. We promote and connect mindfulness efforts underway as well as inspire and support future endeavors across ASU campuses, within Phoenix and the surrounding communities.

Teach: Center provides multiple pathways to mindfulness training in order to scale and provide opportunities for ASU departments, colleges, institutes and community organizations to develop a mindful skills and enhance well-being.

Connect: Center serves as a convening vehicle and connects global researchers, scholars, teachers, practitioners and learners around the concepts of mindfulness, compassion and well-being.

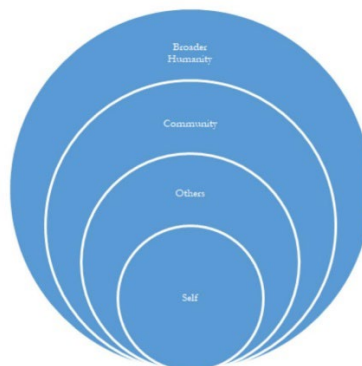


3. INTENTION FOR 2021

Center's intention for 2021 was to create an in-between space to bridge the gap of the increasingly high need of mental health support and the services needed to promote well-being. While mindfulness should not be conflated with mental health, mindfulness is a method to maintain whole person well-being for individuals and communities. As such, Center strengthened a social movement built upon the values of compassion and mindfulness.

4. CENTER'S THREE PRINCIPLES

Core Principle 1: The Expansive Model of Mindfulness (EMM) is an overarching paradigm that we center our understanding of mindfulness practices within and under. Mindfulness is utilized as a supportive strategy across a spectrum – as a self-care and resilience tool, as a means to communicate with others, within and throughout communities, and finally, across all of humanity as a connector. EMM informs how we consider conversations around mindfulness and how we create programs designed at each level. EMM is grounded in the premise that mindfulness practices naturally show up within the world and we can leverage them to create a more compassionate, resilient culture of caring at ASU and beyond.



The Expansive Model of Mindfulness

Core Principle 2: During a time of global upheaval, social unrest, and historical oppression, the Equitable Mindfulness Initiative (EM), created by Tiara Cash, MS, former Culture and Equity Specialist, focused on the intersection between mindfulness and social transformation, activation and social justice to create an equitable world through sustained practice of mindfulness and compassionate listening/action. EM employed a three-tiered foundation focused on:

- Personal protection
- Mindful activation, systematic change & sustainability of practice
- Robust programming with the population in mind

Center has published mixed-methods research as well as thought pieces centered on EM (below, under **Research**).

Core Principle 3: Mindfulness and Sustainability: To leverage bandwidth while scaling mindfulness to individuals, communities, and virtually, Center constructs responsive, sustainable programs. As “pollinators” of well-being, Center ensures that all programs, events, and courses are developed with the audience in mind. Co-creation of an engagement that is designed by both Center and the audience is a founding principle intended to bring the best possible experience to the learner and make it relevant for their needs. This principle of co-creation sows the seeds of mindfulness and compassion practices to the communities that we impact, creating a ripple effect, similar to train-the-trainer programs.

5. CENTER’S GROWTH AND SCALE

In 2021, Center continued adapting to the shifting needs of the ASU community and developing new programs, including a second series in the *Care and Connection: Midday Mindfulness* YouTube sessions.

Below is a five-year snapshot of Center reach. Center reached the following number of students, faculty, community members and stakeholders through presentations, consultations, and student think tanks:

- 2021: 3,312 people through 137 events (66 internal, 63 external, 8 both)
- 2020: 10,604 people through 170 events (112 internal and 58 external events)
- 2019: 6,330 people through 179 events (89 internal, 61 external, 29 both)
- 2018: 6,456 people through 161 events (76 internal, 54 external, 31 both)
- 2017: 7,487 people through 68 events (37 internal, 22 external, 9 both)

Center is self-sustaining and continues to work with Edson and ASU Foundation development officers to identify and secure sources of funding. Additionally, Center will pilot a new profit-sharing model with mindfulness instructors throughout the community to provide more mindfulness offerings and generate revenue. Spring 2022 offerings will include:

- Talk with Teri: Mindfulness Mentoring
- Compassion Fatigue
- Personal Authenticity and Expression (Inner Knowing, Outer Expression)

- Practical Tips for Living Stress-free in a Stressful World
- Four-Week Foundations of Mindfulness for Lawyers
- Six-Week Introductory Training (S.I.T.) in Mindfulness
- Off-The-Mat Series

6. RESEARCH

Center delivers *translational research* – bridging mindfulness research to the public, as well as taking feedback from the public to improve offerings:

- Collaboration with the Edson Center for Advancing Interprofessional Practice, Education and Research (CAIPER) on: 1. Integrating Equitable Mindfulness into CAIPER's I-TEAM workout and 2. Projects related to equity in health care systems
- Manuscript entitled: *Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education* (Cash, Gueci, & Pipe, 2021)
- Manuscript entitled: *Equitable Mindfulness: The Practice of Mindfulness for All*, a mixed-methods review of data collected at Center's 2019 conference (Bautista, Cash, Meyerhoefer, & Pipe)
- Drs. James and Bautista submitted their manuscript titled *Mindful Writing Group: An online format of mindfulness, writing, and productivity in academia*. This manuscript explores the utilization of writing groups created at ASU for doctoral students, postdoctoral scholars, and early career academics
- Pilot study completed on acceptability and feasibility of online mindfulness and well-being module with ASU 101 sections. Key findings: 80% of students who completed the online course state that the course improved their understanding of stress; family income is correlated with stress levels (higher income = less stress)

7. UNIVERSITY AND COMMUNITY ENGAGEMENT

From January 1, 2021 to December 31, 2021, Center reached 3,312 students, faculty, community members and stakeholders through 137 events, consults, and presentations (66 internal to ASU, 63 external, 8 both) as well as 124,345 viewer touch points and 2,603,166 impressions on Midday Mindfulness online sessions

- 68 Think tanks/consults with students, staff, faculty, or community members
- 49 presentations
- 12 tablings/collaborative events
- 3 Mindfulness Leadership Certificate trainings
- 2 intern/volunteer trainings

A. ASU/Mayo Health and Wellness Series

Center for Mindfulness led the efforts on a 5-part Health and Wellness: Mind and Body online course series, a collaboration with Center, EdPlus and the Mayo Clinic. ASU faculty/staff and Center affiliates were engaged as subject matter experts.

- Total enrolled learners: 4,215
- 78% female identified
- 11% are 20 yrs. of age and under, 20% are 21-29 yrs., 18% are 30-29 yrs., 18% are 40-49 yrs., 17% are 60-69 yrs., 3% are 70+
- 32% have Bachelor's degrees, 25% Master's, 15% some college

B. Caring and Connection Initiative: Midday Mindfulness YouTube Series

From March 16, 2020 – July 14, 2021 Center focused on the *Caring and Connection: Moving Mindfully through a Healing World* Initiative, which included Midday Mindfulness YouTube sessions (total sessions: 234), shareable articles and resources, and social media engagement.

In Summer 2021, the Caring and Connection: Equitable Mindfulness for a Transformative Future Initiative centered our transforming hearts using the Equitable Mindfulness framework designed to apply the foundations of mindfulness to break down barriers to inclusive practices and transformative spaces (Cash, Gueci & Pipe, 2021). These YouTube sessions aimed to open our eyes to different ways that BIPOC, queer, neurodivergent and other amazing individuals are thriving through research, business building, and creativity, and invite conversation about joy.

i. Midday Mindfulness Analytics - YouTube performance March 15, 2020-Nov. 15, 2021

- 75,960 views
- 2,603,166 impressions
- 638 ASU YouTube subscribers gained
- Engagement:
 - 97% likes on average
 - 6,203 channel comments (62% of all channel comments)
 - 897 shares
- Audience overview:
 - US: 32, India: 2%
 - 70% female identified
 - 58% of the age group was 25-34 years old

ii. Midday Mindfulness Testimonials

- *"I teach at a college prep and I join your session as often as possible during lunch for inspiration and a breath of fresh air. You are all making a ton of difference for a lot that truly need it."*

- *“Wonderful experience listening to the learned speakers and mentoring young minds to be at their best while enjoying every present moment with joy and happiness. Marvelous series of talks.”*
- *“I loved this!! It was an honor to listen to you speak.”*
- *“I feel very lucky to have stumbled across this, you are all very inspiring and hearing your stories is amazing. Thank you so much for doing this, it's nice to feel connected with others.”*
- *“You are making everyone a good human being full of joy, happiness and mindfulness around the globe.”*

iii. **2021 Midday Mindfulness YouTube Sessions Included Special Guest Speakers (By Date)**

- July 2021 Critical Race and Equity in Citations, ASU (Guest: Dr. Jennifer Sadler), Equitable Mindfulness, Phoenix, AZ, July 14th
- July 2021 | Prioritizing Access and Diversity in Yoga: Trauma-Informed Approaches to Teaching and Practicing, ASU (Guest: Michelle Villegas-Gold, PhD), Equitable Mindfulness, Phoenix, AZ, July 13th
- July 2021 | Superfoods for Mental Toughness, ASU (Guest: Chrissy Barth), Equitable Mindfulness, Phoenix, AZ, July 7th
- July 2021 | Our Relationship to Food and Equity, ASU (Center team), Equitable Mindfulness, Phoenix, AZ, July 6th
- June 2021 | Panel: Equity in Professionalism, ASU (Guest: Panel - Dr. Jack Thomas; Cheryl Blie, MA; Brenda Calhoun Cash, MS), Equitable Mindfulness, Phoenix, AZ, June 30th
- June 2021 | Seven Pillars to Optimal Health and Wellness, ASU (Guest: Chrissy Barth), Equitable Mindfulness, Phoenix, AZ, June 29th
- June 2021 | You Are What You Absorb: Mastering the Gut-Brain Connection, ASU (Guest: Chrissy Barth), Equitable Mindfulness, Phoenix, AZ, June 23rd
- June 2021 | The Impact of the Subconscious Mind, ASU (Guest: G. Hakim Collier, LMSW), Equitable Mindfulness, Phoenix, AZ, June 22nd
- June 2021 | Creativity: The Gateway to Black Survival, ASU (Guest: Breigh Jones-Coplin, M.A.), Equitable Mindfulness, Phoenix, AZ, June 16th
- June 2021 | Coming to the Land to Heal and Learn, ASU (Guest: Chantelle Spicer), Equitable Mindfulness, Phoenix, AZ, June 15th
- June 2021 | Wealth and the Infinite Mindset, ASU (Guest: Dexter Wyckoff), Equitable Mindfulness, Phoenix, AZ, June 9th
- June 2021 | How Generosity Can Enhance our Emotional and Social Well-Being, ASU (Guest: Jason Proulx), Equitable Mindfulness, Phoenix, AZ, June 8th
- June 2021 | Champions Chat, ASU (Guest: Charles Dickens), Equitable Mindfulness, Phoenix, AZ, June 1st

- June 2021 | Equitable Mindfulness: From Beginning to Being, ASU (Tiara Cash, M.S.), Equitable Mindfulness, Phoenix, AZ, June 1st
- Apr 2021 | An Invitation to Experience Your Wholeness: A Teaching and Experiential Practice, ASU (Guest: Natalie Gruber), Midday Mindfulness, Phoenix, AZ, April 20th
- Apr 2021 | Lessons From the Pandemic: The Power of Connection, Hope, & Optimism, ASU (Guest: Dr. Christine McNulty-Buckley), Midday Mindfulness, Phoenix, AZ, April 14th
- Apr 2021 | Self-Care: Protecting Our Own Well-Being When Life is Disrupted, ASU (Guests: Dr. Samantha Casselman, Wayne Tormala), Midday Mindfulness, Phoenix, AZ, April 13th
- Apr 2021 | Follow the Nursing Code: Reframing Your Worldview, ASU (Guest: Heidi Sanborn), Midday Mindfulness, Phoenix, AZ, April 8th
- Apr 2021 | Your Student's Transition to College, ASU (Guest: Dr. Kellyn Johnson and Parent Panelists), Midday Mindfulness, Phoenix, AZ, April 7th
- Apr 2021 | Dancing Your Nervous System, ASU (Guest: Molly Schneck), Midday Mindfulness, Phoenix, AZ, April 6th
- Apr 2021 | Mindfulness: Implications for Medical Practice, ASU (Guests: Dr. Kari Bernard, Dr. Eve Hoover, Dr. Bettie Copeland), Midday Mindfulness, Phoenix, AZ, April 1st
- Mar 2021 | Conscious Eating: Healing the Mind, Body, and Spirit with Nutrition, ASU (Guest: Victoria Abel), Midday Mindfulness, Phoenix, AZ, March 31st
- Mar 2021 | How to Be Mindfully Intelligent: The Relationship Between EQ and Mindfulness, ASU (Guests: Corinne Corte, Amanda Voight), Midday Mindfulness, Phoenix, AZ, March 30th
- Mar 2021 | Healing the Collective, Healing the Masculine, Healing the Self, ASU (Guest: Niko Baker), Midday Mindfulness, Phoenix, AZ, March 17th
- Mar 2021 | Bullying: Mindfulness Changes the Conversation, ASU (Guest: Jason Lalli), Midday Mindfulness, Phoenix, AZ, March 10th
- Mar 2021 | Igniting Human Connection, ASU (Guest: Dr. Sophia Town), Midday Mindfulness, Phoenix, AZ, March 9th
- Mar 2021 | Community Well-Being, ASU (Guest: Evaline Brown, ASU Alumnus), Midday Mindfulness, Phoenix, AZ, March 4th
- Mar 2021 | The Science and Practice of Mindfulness and Well-Being, ASU (Guest: Randy Barker, University of Wisconsin), Midday Mindfulness, Phoenix, AZ, March 3rd
- Feb 2021 | Community Well-Being – The Many Hats of Nursing Faculty Members, ASU (Guest: Dr. Aliria Rascon, Associate Director and Clinical Associate Professor Edson CONHI), Midday Mindfulness, Phoenix, AZ, February 25th
- Feb 2021 | The Suffering and Thriving of Healthcare Heroes during Covid-19, ASU (Guest: Dr. Joan Fleishman and Dr. Tina Runyan), Midday Mindfulness, Phoenix, AZ, February 23rd
- Feb 2021 | Human-Animal Connection, ASU (Guest: Firefly Farms), Midday Mindfulness, Phoenix, AZ, February 16th

- Feb 2021 | Community Well-Being, ASU (Guest: Susan West, Founder of M2), Midday Mindfulness, Phoenix, AZ, February 11th
- Feb 2021 | Advancing the Humility Paradigm (Guest: Dr. Barret Michalec, Director for CAIPER), ASU, Midday Mindfulness,
- Jan 2021 | Trauma Informed Yoga, ASU (Guest: Andrea Kappas-Mazzio, Ph.D. Candidate / Research Assistant at the Office of Gender-Based Violence at Arizona State University's Watts College of Public Service and Community Solutions School of Social Work), Midday Mindfulness
- Jan 2021 | Yoga Nidra for PTSD, ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, Phoenix, AZ,
- Jan 2021 | Yoga Nidra for Stress Reduction, ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, Phoenix, AZ, January 14th
- Jan 2021 | Mary Lou Fulton Teacher's College, ASU (Guests: Stuart Rice, Director of Digital Initiatives; Sarah Rabbani, Product Manager Associate), Midday Mindfulness, Phoenix, AZ, January 13th

C. Internal Collaborations with ASU Departments and Programs

- Collaboration with CAIPER I-TEAM by Design Course: Mindfulness videos from our Caring and Connection: Midday Mindfulness YouTube series are embedded in the supporting material for this 8 CE credit in six specialties course in the form of Pause Activities and Work Outs:
 - 8 Min Meditation for Oneness (Season 1, Episode 9, 10/26/20)
 - 8 Min Meditation to Encourage Connection & Compassion for Others (Season 1, Episode 1, 8/7/20)
 - 12 Min Meditation for Self-Gratitude (Season 1, Episode 10, 11/2/20)
 - 14 Min Meditation for Mindful Eating (Season 2 Episode 2 1/25/21)
- Tabled at Edson College Family Reunion (Nov. 5), Family Weekend Block Party (Nov. 6)
- Applied for Health Minds Award in collaboration with Educational Outreach and Student Services (EOSS)
- Sexual and Relationship Violence Prevention Program: Open discussion on how to use mindfulness to encourage healthier self-talk (March 5)
- ASU Art Museum: Meditation script for Herberger Institute (HIDA) Day (March 16 & 17)
- Partnership on ASU Open Door (March 1)
- Mary Lou Fulton Teachers College: Creation of curricula for a 5-series of free mindfulness nanocourses_for parents and teachers, which can be taken individually or together.
- Sun Devil Support Network: curriculum-building workgroups (representation from both Center student and staff)

D. Academic Support for Students

- “Think tanks” with doctoral students, including Edson College DNP program such as the American Holistic Nurses Association (AHNA) Arizona Student Chapter
- Internships and preceptorships continued with various departments, including psychology, social work (see **Staff** section)

E. Academic Support for Faculty/Staff and Center Affiliates

- Assistant Director, Zachary Reeves-Blurton, EdD served as on the Building Analysis Task Force with the Design School
- Supported grant application for funding mechanisms and collaborated as Key Persons and/or service contractors with Ted Kheng Siang Ng, Ph.D., incoming faculty at Edson College of Nursing and Health Innovation on his submission for:
 - BrightFocus Foundation’s Standard Award Program in Alzheimer’s Disease Research (using a Mindful Awareness Program (MAP) intervention)
 - Alzheimer’s Association Research Grant to Promote Diversity (AARG-D) *Bio-psycho-social effects of mindfulness interventions on MCI: A pilot RCT* Proposal ID 926128
- Dignity Health and Center applied for the US Department of Health and Human Services Health Resources and Services Administration (HRSA) grant HRSA-22-110 *Promoting Resilience and Mental Health Among Health Professional Workforce*
- ASU’s College of Health Solutions and Center applied for the US Department of Health and Human Services Health Resources and Services Administration (HRSA) grant HRSA-22-109 *Health and Public Safety Workforce Resiliency Training Program*
- Submitted letter of support for Edson faculty’s multiple principal investigator (MPI) R01 proposal to the National Institutes of Complementary and Integrative Health (NCCIH) entitled, *Behavioral Economics and Anchoring to Support Mindfulness Meditation HabitS (BEAMS)*
- Submitted letter of support for Edson faculty application for the American Holistic Nurses Association, funding was granted

F. External

- Signature Program: Presented Mindfulness Leadership Certificate (MLC) to:
 - Tempe Union High School District (Sept. 13 & 22)
 - General Audience (Aug 24 & Dec 2)
 - Waste Management Association (July 13 & 20)
- Collated university-wide information to submit and be awarded the Healthy Arizona Worksite Program (HAWP) Gold-Level Award through Maricopa County Public Health for 7 years in a row
- Executive Director, Nika Gueci, EdD served on the following committees:
 - Arizona Veterinary Medical Association (AzVMA) Wellness Task Force member and Mentor to the pilot “One Wellness” program, implemented in 10 veterinary offices

- Co-Chaired the Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee – Mental Well-Being Task Force
- Wellness A to Z Steering Committee to “set the overall direction for Wellness A to Z;” took the Healthy AZ Pledge and participated in [#WellnessAtoZDay2021](#)
- Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee
- Hanna Layton partnered with The Sustainability Consortium (TSC) in vision and mission development, thought leadership from Center
- Center sponsored the Wisdom 2.0 conference in March and received free 10 tickets, which were given to staff and students (March 26 & 27)
- For three years in a row (2019, 2020, 2021), Center was commissioned to work with Creative Catalysts, an initiative of Mesa Arts Center in their new program called *The Collective - A program that uses creativity to activate leadership skills and enhance innovation across sectors*. The Collective brings creativity to the forefront of the conversation by intentionally weaving it into every lesson on leadership, collaboration, failure, problem solving, and mindfulness.

8. STAFF DEVELOPMENT

In 2021, core staff members **Tiara Cash, Hanna Layton and Jackie Speer** departed Center. Hanna Layton, Center’s Sustainability and Authenticity Coordinator, resigned to focus on her business, Thrive Consulting. Tiara Cash, Culture and Equity Specialist, resigned to focus on her studies, as she is currently in her 2nd year of a psychology PhD program at Simon Fraser University. Jackie Speer moved to Washington State.

Nika Gueci graduated from the ASU Leadership Institute, a competitive 9-month professional development program to “broaden perspectives of leaders on critical issues facing our region,” joined the Edson Faculty Writing Group with Debra Hagler, and was awarded a “Hearts of Gold” Sun Award.

Zachary Reeves-Blurton joined Center in September as Assistant Director. He will join Teri Pipe and Nika Gueci in leading Center initiatives, and will additionally have oversight of Center interns/internship opportunities, student-facing programming, and Center marketing and program logistics.

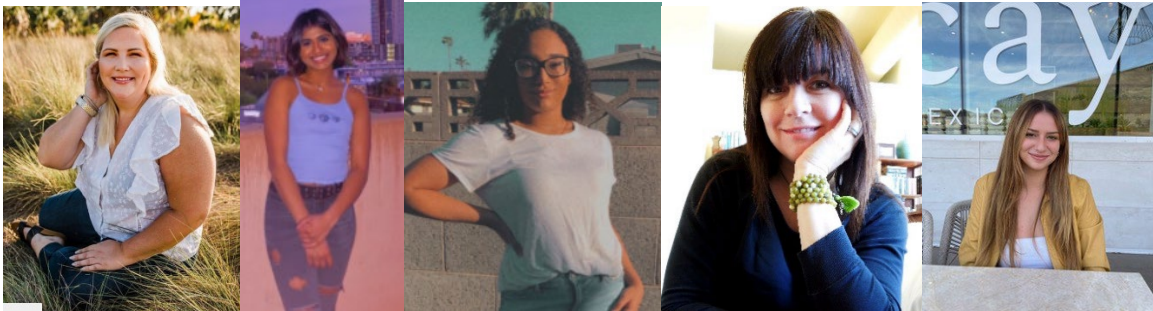


The Center interns, volunteers, and social justice council were trained in mindfulness principles and practice in spring, summer, and fall of 2021 by Hanna Layton (spring, summer) and Zachary Reeves-Blurton (fall).

Center Interns for 2021 included:

- **Lauren Fielder**, Center's social media volunteer, has eight years of national marketing and communications experience with brands including Meals on Wheels America. She lives in Tampa, FL with her two kittens and is an (unofficial) food critic for local ice cream shops. Her favorite yoga pose is the Sphinx pose. *"I use mindfulness to return back to myself. It's where I sit with my emotions, check in with myself, and ultimately love myself."*
- **Selin Sozer** is working towards her bachelor's degree in psychology. She aims to go after a doctorate in clinical psychology and start her own practice. Her goal is to integrate mindfulness practices and clinical psychology to help others heal and grow. She is planning to focus her studies on abnormal psychology. Her long-term dream is to start her own mental institute that run ethically and with passion. She believes that is important for patients to feel supported and heard and that people from all backgrounds should be able to receive high-quality support and therapy. Selin is interested in learning more about mindfulness and how it can be used to make a change in society and in the way we perceive mental health today. Selin practices meditation, yoga, and visual arts in her free time.
- **Shraddha Krishnan** is a junior at Arizona State University majoring in Psychology and minoring in Women and Gender Studies. She is in Kappa Delta sorority and worked two jobs during the pandemic. Shraddha aims to be a therapist and believes that using mindfulness in day to day life can completely change your world for the better. She feels strongly about mental health awareness and is excited to be a part of Center and help spread compassion.
- **Katrina Chandler** is a counseling psychology student pursuing a minor in Family and Human Development. She enjoys the outdoors and loves cooking. Her goal is to open her own counseling services or life coaching business. Katrina appreciates the subtleness of mindfulness and how it allows us to follow our own path when it comes to inner healing. Her goals as an intern are to gain personal experience in mindfulness as well as help the Black community and other underrepresented cultures discover the benefits of mindfulness.
- **Julie Coney** is a Master of Social Work student and a certified 500-hr yoga teacher. Her yoga teaching and personal practice are rooted in mindfulness and meditation, encouraging balance, serenity, and peace of mind. Julie is certified in Sound Healing, Yoga Nidra, Yin Yoga, Prana Vinyasa, and she is a level two Reiki practitioner. She has been a leader and mentor for over 100 teachers beginning their yogic journey and is grateful to have studied and practiced with Rod Stryker, Shiva Rea, Amrit Desai, and Kathryn Budig. Julie holds a Bachelor of Fine Arts in photography from Columbia College Chicago. Her work has been exhibited in Chicago, New York, and at the Smithsonian Institution in Washington, D. C.
- **Katie Shershenovich** is a psychology major and plans to continue her education at ASU through graduate school for marriage and family therapy. Her primary career goal

is to be able to work hands-on in the psychology field and help others heal and live their best lives. Mindfulness practices are a great tool for people to feel balanced, healthy, and to be a meaningful member of society.



Lauren Fielder, Shraddha Krishnan, Katrina Chandler, Julie Coney, Katie Shershenovich

"Interning for Center was one of the best decisions I made during my collegiate career. This was a place I felt drawn to intern for as they provide weekly opportunities to learn and grow. They provide valuable information about mindfulness and bettering one's mental health from various educated individuals. During the spring of 2021, I worked hands-on with social media resources and produced creative content to promote a variety of weekly events. Everything I did while a part of Center's team was virtual as this was during a time where Zoom was one of our only forms of face to face interactions. Even though I never met many members of the staff in person, I still felt comfortable and welcomed by all who belonged to our team as Center is filled with individuals who lifted my spirit daily. I am extremely grateful for this experience as Center is a place where I gained a broader education and understanding of mindfulness which I can use to better not only myself but those around me." -Katie Shershenovich

- Interns from last Fall 2020, **Nicole Hudson** and **Jose Vallejo**, worked on Center's social media and student outreach (respectively) through the spring 2021 in volunteer capacities.
- **Terence Meyerhoefer**, RYT-200 and Mayo Clinic Medical Student who participated in Center's 20-hour Selective course, has completed the Professional Training Program in Mind-Body Medicine at the Center for Mind Body Medicine. He continues to volunteer with Center in a research capacity.

9. COMMUNICATIONS

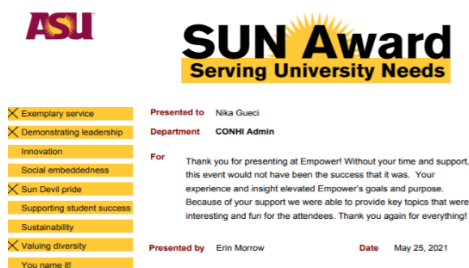
- ASU's Learning Enterprise Upskilling department, which oversees Continuing and Professional Education portfolios, has built a relationship with the Arizona Republic in order to offer the Health and Wellness Series courses to their employees for a discounted rate to help them succeed at in-demand jobs.

These courses were developed by the Center for Mindfulness in conjunction with *EdPlus* and the *Mayo Clinic*: Center staff and affiliates were commissioned as content experts for curriculum development to create a series of five 10-hour online courses (Mindfulness, Sleep, Nutrition, Physical Activity and Whole-Person Well-Being) and are available to anyone for a fee through ASU's Continuing and Professional Education website. After taking this course, learners earn a professional certificate and a badge to

place on their LinkedIn account to showcase advanced abilities in health and wellness practices.

Please see [video](#) and [written](#) testimonial from Patty Beck, a course learner and lawyer.

- **Published: Cash, T., Gueci, N., Pipe, T. “Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education.” *Building Healthier Academic Communities*, Spring 2021**
- **ASU Social Embeddedness Network:** Center’s involvement with the Arizona Department of Health’s (DHS) – Arizona Health Improvement Plan (AzHIP) [listed in the Collaboratory](#)
- **ASU Newsworthy, a twice-monthly communication to 115+ national higher education reporters:** [Daily mindfulness broadcast reached 94 countries](#)
- **ASU News:** [The post-911 generation: Relating to the recent past](#) by Emma Greguska
- **ASU Now:**
 - Devils in the Details episode: [Mindfulness Matters](#) with Annie DeGraw
 - [Navigating post-pandemic life through mindfulness](#) by Katherine Reedy
 - [Finding peace amid chaos: ASU Center for Mindfulness, Compassion and Resilience staff reflect on 1 year of Midday Mindfulness sessions](#) by Emma Greguska
- **Newswise:** [Online Mindfulness Initiative Promotes Caring and Connection During the COVID-19 Outbreak](#)
- **Dr. Gueci and Dr. Pipe presented:**
 - “Mindfulness and Ambition: Can they co-exist?” at [SOAR to Empower](#) for ASU’s University Technology Office (May 13)



- “Wellness Innovations Instituted at the Organizational Level” at the “Here Comes the Sun” Virtual Clinician Wellness Conference through the Alaska Academy of Physician Assistants (April 11)
- “525,600 Moments: A Year Amidst Pandemic” with ASU Graduate College, ASU LGBTQ+ Faculty and Staff Association, and Tais Spontaneous Theatre (March 18)



- **Dr. Pipe was an invited presenter to:**
 - Organization of Nurse Leaders (ONL) (Dec. 17)
 - Health Talks Committee at the ASU College of Health Solutions (Dec.9)
 - ONL Leadership Lunch series (Nov. 19)
 - Knowledge Enterprise Town Hall Fireside Chat: Conversations about compassion and well-being (Oct. 25)
 - Phoenix Women's Commission (Oct. 1)
 - "The Arena of the Heart" to Osher Lifelong Learning Institute at ASU (Sept. 29)
 - "Beyond the Paper Gown," Women's Health podcast (Sept. 17)
 - Organizational Excellence at ASU (OECOP) (Sept. 10)
 - Nurse Trust panelist (Sept. 13)
 - Resiliency Graduation, El Rio APRN Program (Aug 28)
 - Edson College PhD Immersion presentation (Aug 24)
 - "Resilience from the Inside Out: Mindful Journaling Experience" Mayo Holistic Health and Well-Being conference (July 23)
 - San Diego Study Group "Mindfulness and Leadership" (April 7)
 - Organization of Nurse Leaders Quarterly Meeting (March 26)
 - ASU IT Leadership Institute Design Team (Feb 16)
 - ASU NSF Future of Work (Feb 8)
 - University Senate Meeting "Mindfulness, Leadership and Innovation" (Feb. 1)
 - ASU Council of Academic Advisors (Jan 28)
 - "Well-Being and Health Equity," University of Minnesota (Jan 5)

- **Dr. Zachary Reeves-Blurton presented:**
 - "Trends Shaping the Future of Higher Education – Refocusing, Refreshing, Renewing" for Student Advisors (Nov. 19)
 - "Challenges for Teaching Assistants" in School of International Languages and Cultures (Nov. 18)

- “Mindfully Navigating Holiday Stress” for EdPlus Success Coaches (Nov. 9)
- “Sustainability Community of Scholars: Mindfulness and Grad Student Stress” with sustainability students (Nov. 5)
- Podcast Interview with Cronkite Student (Oct. 15)
- ASU/Mexico Team Workshop for Graduate students on work-life balance (Oct. 13)
- Grad15 with the Graduate College (Oct 5)
- St. Mary’s College of Los Angeles panelist (Sept. 23)

- **Drs. Gueci and Reeves-Blurton presented:**
 - “Inner Knowing, Outer Expression” to Zero Waste at ASU (Dec 10)

- **Hanna Layton, Sustainability and Authenticity Coordinator:**
 - Featured in MASK Magazine as content expert on the power of kindness
 - Mindfulness workshop for the ASU Society of Women Engineers (March 22)
 - “Maintaining your health and well-being for staff,” Sun Devil Fitness Complex (March 5)
 - The Sustainability Consortium Sustainability Leadership Institute Workshop (March 2)
 - Fulton School of Engineering Spring Welcome (Jan. 9)
 - Thunderbird Orientation (Jan. 4)

- **Tiara Cash and Dr. Pipe presented:**
 - University of Minnesota on Well-Being and Equity, Health Justice (Jan. 5)

- **Jackie Speer presented:**
 - ASU Happiness class (March 29)
 - New Center intern training (Jan. 15)

- **Dr. Nika Gueci presented:**
 - Expert resource for "Healing to Transform - A Trauma-Informed Approach to Education for Sustainable Development & Wellbeing" at the Global Conference on Sustainability in Higher Ed
 - “Self-Resiliency,” Western Regional Advancing Health Care through Supply Chain Excellence with Honor Health conference (Oct.7)
 - “Navigating Risk through Mindfulness” for PFX Preparing Future Faculty with the Graduate College (Oct 15)
 - Arizona Nurse Association (AZNA) conference at Wild Horse Pass (Oct. 2)
 - “Mindfully Navigating the Post-Pandemic Landscape” Keynote for Mesa Community College (Performing Arts Center) (Aug. 19)
 - “Mindfulness and Resilience: A Self-Care Reminder for Leaders Navigating the Post-Pandemic Landscape” for the mindful.org annual conference (May 21)
 - “Mindfulness and Resilience: A Self-Care Reminder for Navigating the Post-Pandemic Landscape” for the Employee Assistance Office (May 20)
 - Wellness A to Z Steering Committee
 - ASU Leadership Institute Innovation Day (Feb 19)

- **Tiara Cash presented:**
 - Equitable Mindfulness Gathering at the Memphis Library (July 12)
- **Dr. Gucci and Hanna Layton presented:**
 - “Mindfulness and Resilience: A Self-Care Reminder for Navigating the Post-Pandemic Landscape” for St. Patrick’s Behavioral Health conference (May 12)
- **Dr. Gucci and Tiara Cash presented:**
 - ASU Masters of Social Work class (March 4)

10. CENTER AFFILIATES, RESEARCH COUNCIL ADVANCEMENT COUNCIL, SOCIAL JUSTICE COUNCIL AND EARLY CAREER MINDFULNESS COUNCIL

Center Affiliates are faculty, staff or students who collaborate with Center and make a difference through their research and programming on mindfulness.

Center Social Justice Council developed as a think tank to discuss ways of bridging the gap between mindfulness and social transformation through a programming and event collaboration at ASU and the surrounding community. In Spring and Summer 2021, Tiara Cash, Center’s Culture and Equity Specialist, Chaired this Council.

Members included:

- Dr. LaDawn Haglund, Associate Professor of Justice & Social Inquiry, School of Social Transformation
- Dr. Charles Lee, Associate Professor of Justice & Social Inquiry, School of Social Transformation
- Dr. Mary Fonow, Professor of Women & Gender Studies, School of Social Transformation
- Dr. Kimberly Marshall, Professor, School of Music
- Dr. Mary Davis, Professor, Department of Psychology

For 2022, this council has been refocused as “Center Student Ambassadors,” who will be responsible for developing social media content and representing Center at student events.

Early Career Mindfulness Council (ECMC) provides networking, resources, and training for anyone within 10 years of their terminal degree (student or professional) interested in studying or practicing Mindfulness anywhere in the world. The goal of ECMC is to foster the career of mindfulness scholars and bring mindfulness practices to all early career professionals.

The **ECMC Mindful Writing Group (MWG)** is led by Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate serves as the Director the MWGs. The MWG sessions are supportive writing groups with guided mindfulness practice at the start/close of each session. All MWG session are open to doctoral students, postdoctoral scholars/fellows, early career academics, and any academic-oriented individual with an interest to attend.