

## Center: Mindfulness, Compassion and Resilience at ASU Annual Report 2023

1. *Mission*
2. *Center Core Focus Areas*
3. *Center's Three Principles*
4. *Center's Growth and Scale*
5. *University and Community Engagement*
  - A. *Internal Collaboration with ASU Departments and Programs*
  - B. *Academic Support for Students*
  - C. *Academic Support for Faculty*
  - D. *External*
6. *Staff Development*
7. *Communications*
  - A. *Media*
  - B. *Presentations*

### 1. MISSION

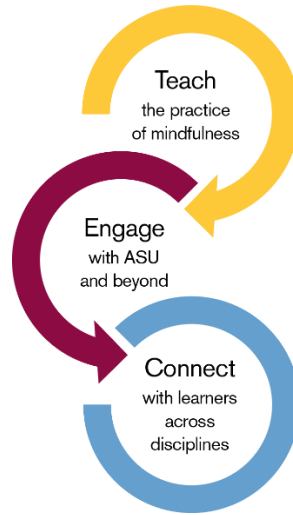
Scale an ASU-wide center that connects global researchers, scholars, teachers, practitioners, and learners around the concepts of mindfulness, compassion and resilience. ASU is known for a vibrant and forward-leaning community that embodies and models mindfulness as a context for learning, connecting 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.

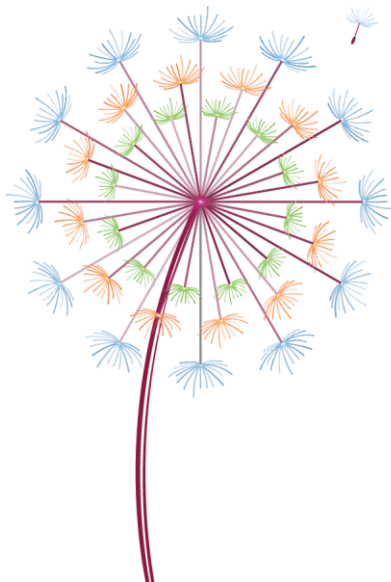
*Teach:* Center provides multiple pathways to mindfulness training in order to scale and provide opportunities for ASU departments, colleges, institutes and community organizations to develop mindful skills and enhance well-being.

*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. 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.



#### **EMM framework** Nika Gueci and Tiara Cash

##### **Broader Humanity**

The world at large, inclusive of all people, animals and the natural environment.

##### **Community**

Three or more people with shared mentality or goals built on a common fellowship.

##### **Others**

One-on-one interactions as a bridge between self and another.

##### **Self**

The relationship within, as distinct from roles, responsibilities and internal narrative.

*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

*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.

#### **4. CENTER’S GROWTH AND SCALE**

Since Center’s inception, we have reached the following number of students, faculty, community members and stakeholders through presentations, consultations, and student think tanks:

- 2022: 3,659 people through 178 events (97 internal, 61 external, 20 both)
- 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)

## 5. UNIVERSITY AND COMMUNITY ENGAGEMENT

Since Jan 1, 2023, Center reached **1,690** students, faculty, community members and stakeholders through **102** events, consults, and presentations.

# Center's mission and reach

## Since 2017

**80,000+**

Total views of online programs and resources, including Midday Mindfulness series and Mindfulness Mini meditation videos

**38,000**

Students, faculty, staff, and community members reached through workshops, programming, consultation and partnerships

**920**

In-person and virtual events hosted by Center, including Silent Retreats, Mindfulness Leadership Certificate Workshops, and Annual Conferences

**234**

Midday Mindfulness hour-long YouTube sessions hosted daily during Pandemic

**130**

Conference presentations and keynotes, domestically and internationally

**94**

Countries reached by Center programming

**24**

Feature stories in ASU press

**15**

Journal publications and conference proceedings

Web Analytics include 139,470 users in FY23 with 137,030 new users

**A. Internal Collaborations with ASU Departments and Programs**


### C

## Isolation and Loneliness as Individual & Community Health Challenges: A Practitioner's Lens

Social isolation and loneliness pose serious challenges to health care, particularly for the young and elderly, those with pre-existing health issues, and people from underserved communities. Chronic loneliness has been linked to higher risk for heart disease, diabetes, depression, faster aging, and cognitive decline. Join us as we explore these questions:

- How is loneliness a systemic health challenge?
- How does it manifest itself in our communities?
- What systemic barriers exacerbate these challenges?
- How can intersectional work mitigate these barriers?


Join our panelists for a discussion on loneliness and isolation as social determinants of health.



- **Fiorella Carlos Chavez, Ph.D.**  
Center for Health Promotion and Disease Prevention
- **Ashley Ruiz, Ph.D.**  
Center for Advancing Interprofessional Practice, Education and Research
- **Janet Pohl, MSN, Ph.D.**  
Center for Innovation in Healthy and Resilient Aging
- **Zachary Reeves-Blurton, Ed.D.**  
Center for Mindfulness, Compassion and Resilience
- **Moderated by Nika Gucci, Ed.D.**  
Center for Mindfulness, Compassion and Resilience

Tuesday, March 14 | 12 - 1 p.m.  
<https://asu.zoom.us/j/89558118854>

ASU Edson College of Nursing and Health Innovation  
Arizona State University




## Practicing mindfulness can help climate scientists

May 16, 2022

Paper from ASU faculty illustrates how mindfulness can relieve anxiety, stress, despair

## Powerful presence:

KORU mindfulness training for stress reduction, resilience + student veteran success




Calm the chatter and noise. Become a powerfully present scholar both in the classroom and in life. Register for a **free** KORU Mindfulness course for academic success today!

This evidence-based program is designed to help students deal with and **reduce stress and anxiety, overcome challenges, increase resilience** and become **more focused and productive**. KORU is a nationally-recognized mindfulness curriculum, taught here by certified mindfulness instructors and tailored toward the needs of ASU's student veteran population.


Now enrolling Session 1 for Fall 2022!  
August 25 - September 15  
Thursdays from 3 - 4:30 pm  
Pat Tillman Veteran's Center  
@Sun Devil Stadium

Small class size. Limited seating available. Visit QR code for more information or to register.



ASU Pat Tillman Veterans Center  
Arizona State University

ASU Center for Mindfulness, Compassion and Resilience  
Arizona State University



## ASU teams collaborate on mindfulness training for student veterans

ASU doctoral student Rebecca Heller focuses on mindfulness for student success at high-performing independent school

When Rebecca Heller was admitted to the Doctorate of Educational Leadership and Innovation program in the Mary Lou Fuller Teachers College in 2021, she knew that mindfulness would be a cornerstone of her advanced research.

As both a prep and an elite athlete, Heller first developed her own mindfulness practice upon returning to California from New York in the early 2000s. Something just clicked into place for her, and the next body connection she found after practicing was athletic.

"The breathwork and movement [of yoga] allowed me to be in the moment, calm my nervous system, and clear my mind," Heller recounts.

ASU Pat Tillman Veterans Center  
Arizona State University

ASU Center for Mindfulness, Compassion and Resilience  
Arizona State University

- Participated in the leadership roundtable discussion with Surgeon General Vivek Murthy to share insights about student loneliness (Nov. 13)
- Center is creating an academic undergraduate minor and certificate (open level) program in **Mindfulness, Compassion, Belonging, and Resilience**. The 5-course series has been approved by Academic Assembly out-of-cycle, to launch the pilot course this coming Spring B 2024.

Now enrolling for Spring 2024!

## HCR 294: Foundations of Mindfulness and Resilience Science and Practice



Life can be hectic. Register for this seven-week online class to develop the skills to sharpen your mind and judgment, manage stress, and thrive.

More info: <http://bit.ly/47waL3L>

ASU Center for Mindfulness, Compassion and Resilience  
Arizona State University

- Nika leading “Namaste with Nika” **free yoga** every week in Fall 2023 for Edson faculty and staff.
- Nika attended a Design Thinking session as a Subject Matter Expert (SME). The session was led by the University Design Institute (UDI) to explore bringing midlife programs to ASU through the **Modern Elder Academy (MEA)**. (Sept 26)
- Consulted with Director + Asst Clin Professor, Deb Williams, College of Health Solutions on mindfulness modules for a train the trainer program for **Pathways to Learning**.
- The four Edson Centers are collaborating on multiple events and meetings this academic year in an effort to elevate Edson values and leverage the collective expertise of associated staff, faculty, and students. A **4-Center Panel** discussion was held on March 14 to discuss Social Determinants of Health through the lens of the current research of Drs. Zachary Reeves-Blurton, Nika Guerci, Fiorella Carlos Chavez, Janet Pohl, and Ashley Ruiz.

**Isolation and Loneliness as Individual & Community Health Challenges: A Practitioner's Lens**

Social isolation and loneliness pose serious challenges to health care, particularly for the young and elderly, those with pre-existing health issues, and people from underserved communities. Chronic loneliness has been linked to higher risk for heart disease, diabetes, depression, faster aging, and cognitive decline. Join us as we explore these questions:

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**ASU** Edson College of  
Nursing and Health Innovation  
Arizona State University

- Manuscript accepted for the journal of Conservation Science and Practice in collaboration with **ASU’s Center for Biodiversity Outcomes** “[Practicing mindfulness in addressing the biodiversity crisis](#),” linking mindfulness as a method to cope with eco-fatigue and climate change anxiety.

## B. Academic and Programming Support for Students

- Dr. Zachary Reeves-Blurton mentored five students during the Fall semester:
  - Undergraduate honors thesis committee member for Zainab Imran, Barrett Honors College. Zainab successfully defended her Barrett creative thesis

project, *The Gratitude Attitude*, a text on the behavioral and emotional benefits of gratitude and an accompanying activity workbook designed for college students (March 3).

- Undergraduate honors thesis committee member for Cora Souffrant, Barrett Honors College. Cora successfully defended her Barrett creative thesis project on Talking Circles as intervention for student mental health challenges (March 17).
- Doctoral committee member for Rebecca Heller, Mary Lou Fulton Teachers College. Rebecca successfully defended her Educational Leadership and Innovation dissertation proposal, *Introducing a Mindfulness Based Intervention as a Coping Skill for Students from a High Achieving School*, on October 12.
- Doctoral committee member for Sean Moore, Mary Lou Fulton Teachers College. Sean will defend his dissertation proposal for his project on LGBTQ+ community college student involvement and community development in early 2024.
- Community mentor for Nicole Kallima Haikalis, Presidential Graduate Assistantship for Minority Students recipient and doctoral student at the School of Biomedical Engineering.
- Dr. Gucci mentored EdD student Jim Bock through his summer practicum.

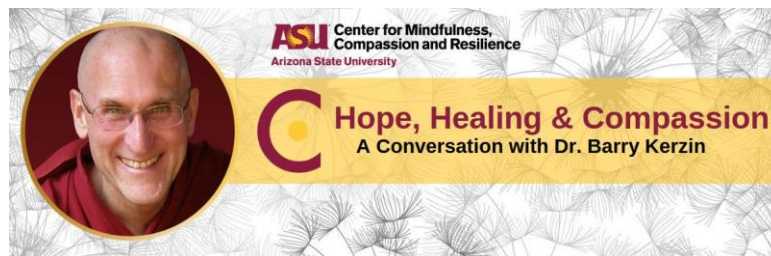
### C. Academic Support for Faculty/Staff and Center Affiliates

- **Proposal Submitted** with Dr. Ted Ng “MCI-Tailored Mindfulness Intervention for Stressed MCI”) to the Alzheimer's Association Research Grant to Promote Diversity (AARG-D)
- **Writing Retreat:** A mindful writing retreat was held in Jan. in Phoenix, AZ. Attendees included Center staff and affiliates, including doctoral students previously employed/supported by Center. This retreat was intended to produce manuscripts of chapters for Dr. Pipe’s upcoming book, with case studies and examples of transdisciplinary mindfulness approaches to programs, research, and projects.
- Research study with Chris Hammer and James Bogner at **ASU’s Academic Enterprise Enrollment** and the **Pat Tillman Veterans Center** to “measure the impact of implementing a mindfulness-based intervention to enhance well-being among student veteran populations” (covered in [ASU News](#)). Center organized and contracted with Koru Instructors ([Dr. Dawn Augusta](#), and Dr. Lisa Jaurigue, Clinical Assistant Professor, Edson Pre-licensure, both attended Koru training hosted by Center; Barbara Crisp, ASU Design School)

### D. External

- **Letter of Support submitted for the Arizona Prevention Research Center** at the University of Arizona to consult on a loneliness and social isolation training for Community Health Workers
- **Dr. Barry Kerzin**, Buddhist monk, founder and president of the Altruism in Medicine Institute, founder and chairman of the Human Values Institute, former university

professor and personal physician to the Dalai Lama, joined ASU Center for Mindfulness, Compassion and Resilience for two events on Wednesday, April 12, 2023. First, Dr. Kerzin joined Center staff for a far-ranging interview session on finding hope, resilience, and sparking change amidst loneliness, personal adversity, and overwhelming systemic challenges. This live, recorded session was closed to the public. From 10:30 am to noon, the Center for Mindfulness, Compassion and Resilience invited the broader community to a [meditation session and keynote talk](#) by Dr. Kerzin on compassion for the self and others. In this talk, addressed compassion and empathy fatigue and compassion as a transformative agent for change and pathway to contentment, peace and happiness.



- Submitted a bid for Center's [Health and Wellness Series](#) to Maricopa Public Health for their Services Surrounding Resilience and Well-Being for Public Health Staff.
- Host of the Maricopa County Department of Public Health – **Healthy Arizona Worksites Program** (HAWP) training (April 17)
- Discussed bringing **Healthy Arizona Worksites Program Annual Awards Event** Maricopa County Department of Public Health to ASU next year.
- Consulted with the **Arizona Department of Health Services (AzDHS)** to build out the state-wide loneliness and social connection initiative ('Solving Loneliness: A Mindfulness-Based Toolkit') aimed at normalizing experiences with isolation and providing solutions to a wide audience. The interactive online series will fall under the AzDHS Arizona Health Improvement Plan ([AZHIP](#)) **state-wide strategy** to address loneliness and social isolation, specifically Strategy 2 under the Mental Well-Being Action Plan to *"improve awareness of, and address, the impact of social isolation and loneliness on health."*





- ASU and AzDHS have a long-standing collaboration, and this is mission-driven work for both institutions. The ASU [Charter](#) states that we are to assume fundamental responsibility for the overall health of the communities it serves. ASU's [Design Aspirations](#) state that ASU is to be Socially Embedded into the community, making this joint effort be mutually beneficially to AzDHS, ASU, and the people of Arizona.
  - Focus Groups #1, 2 & 3 with Trusted Messengers complete.
  - Curriculum and Facilitator's Toolkit is complete.
  - Curriculum and contract complete (June 2023).

## 6. STAFF DEVELOPMENT

- Dr. Teri Pipe accepted another position as the Richard E. Sinaiko Professor in Health Care Leadership at the School of Nursing and Core Faculty at the Center for Healthy Minds at the University of Wisconsin-Madison
- Dr. Nika Gueci was a 2023 Senior Fellow for ASU's Learning Enterprise, leading venture design for the focus area of Personal Development Solutions. She also served on the following committees:
  - Arizona Veterinary Medical Association (AzVMA) Wellness Task Force member
  - Co-Chair of the Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) – Mental Well-Being Task Force
  - Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee
- Dr. Reeves-Blurton served on the following committees:
  - Completed the ASU Online Teaching Master Class in preparation for teaching pilot class in Spring B (October)
  - Graduate College Justice, Equity, Diversity Inclusion (JEDI) task force
  - Edson College of Nursing and Health Innovation Justice, Equity, Diversity, Inclusion (JEDI) workgroup

### Professional Development Conferences:

- Nika co-presented at the **Mindful Leader Summit** in DC with Dr. Teri Pipe: ***"Intentional Sustainability and Leadership Transition: Co-Creating an Academic Mindfulness Center"*** at the Mindful Leader Summit (Sept 30)
- **Presented at the 2023 American College Health Association (ACHA)** conference (Dr. Chris Hammer as lead presenter and Drs. Dawn Augusta, Zachary Reeves-Blurton and Nika Gueci as co-presenters) on a session called ***"Powerful presence: Mindfulness training for student veteran resilience at Arizona State University"*** to discuss the results of the Fall 2022 Koru Mindfulness intervention. Collaborators on this project include: Center for Mindfulness, Academic Enterprise Enrollment, Pat Tillman Veterans Center, and Koru instructors who are faculty in Edson College of Nursing and Health Innovation and The Design School.

## 7. COMMUNICATIONS

### A. Media

- Nika interviewed for Arizona Republic story, "[Feeling down this holiday season? Why the holiday blues happen and how to deal with it](#)" by Dylan Wickman (Dec. 20)
- Nika appeared on Good Morning Arizona 3TV to discuss "Mindful Tips for the Holidays" (Dec. 12)
- Nika spoke on KCBS Radio: [Making the Holiday Season Mindful](#) with Dan Mitchinson (Nov. 26)
- ASU News Article: [ASU experts share mindfulness tips for the holiday season: Center for Mindfulness, Compassion and Resilience to launch new course in spring](#) by Amanda Goodman (Nov.16)
- Nika profiled in [Daily Inspiration](#) – VoyagerPhoenix Magazine
- Nika Gueci recognized as a Top 50 Women Leaders of Arizona for 2023, [Women We Admire](#) (#23)
- Nika Gueci featured in "[Nurturing Mind and Body](#)" for the Higher Ed Podcast by Engine Research
- Nika Gueci featured in the [Women with Cool Jobs](#) and the Higher Ed podcast.
- Gerber, L. R., Reeves-Blurton, Z., Gueci, N., Iacona, G. D., Beaudette, J., Pipe, T. (2023, April 25). Practicing mindfulness in addressing the biodiversity crisis. *Conservation Science and Practice*. <https://doi.org/https://doi.org/10.1111/csp2.12945>
- Dr. Zachary Reeves-Blurton was interviewed for the ASU News article "[Practicing mindfulness can help climate scientists](#)"
- Dr. Zachary Reeves-Blurton appeared on Fox 10 to discuss "[Prioritizing Yourself in the New Year](#)" (Jan. 11)
- Zach's article, "[This year, prioritize yourself](#)" was translated into Spanish in [Contacto Total](#)
- Center's [5-Year Report](#) was distributed as both a print and e-version (bottom of homepage)

### B. Presentations

- Founding Director, Teri Pipe, presented:
  - ASU Faculty Women's Association/ADVANCE Mentoring Program Workshop (April 21)
- Executive Director, Nika Gueci, presented:
  - "We Make Each Other Better: The Human-Animal Connection" for the OSHER Lifelong Learning Institute (Oct 16)
  - "Leading from Within: Nurturing Resilience and Well-Being in the Modern Workspace" for the Wildfire 2023 Annual Conference, Aki-Chin Arizona (Oct 13)
  - "Boundary Spanning" exercise at the Women with Cool Jobs Live podcast event (Oct 7)
  - "Body Scan Meditation" for Scottsdale Police Department (Aug 31)

- “Mindfulness, Compassion and Resilience in Leadership” to the Goodyear Grows mentor/mentee program at the City of Goodyear (Aug 17)
- “Mindfulness & Resilience” for the English Teachers for Ukrainians class (Aug 12)
- “Mindful and Resilient Leadership” for Fulton Schools of Engineering SSEBE Advance (Aug 10)
- Keynote: “Mindful and Resilient Leadership: Propelling Health, Well-Being and Quality of Life for All” for the Healthy Arizona Worksites Program HAWP Awards (June 27)
- “Powering Up Your Willpower” for OSHER Lifelong Learning Institute OLLI
- “Mindful Eating and Communication,” Learning Enterprise night Market (March 27)
- “Student Well-Being” for the ASU Graduate College Town Hall (Feb 7)
- “Healthy Boundaries through Mindfulness Practice” for Discovery Seminar LIA 194 Undergraduate students (Jan 30)
- Assistant Director, Zachary Reeves-Blurton, presented:
  - Mindfulness presentation to Healthy Lifestyles Organization at ASU (Nov. 20)
  - “30-minute meditation session” for WP Carey School of Business staff/faculty - (Aug 28)
  - “PhD Immersion - Center overview presentation” (Aug 21)
  - “Mindfulness for Creativity” Workshop for Writing Center's Dissertation Writing Camp (June 15)
  - Keynote, “Compassion and Empathy Fatigue” for the Arizona Department of Health Services 2023 Healthy People Healthy Communities Summit (March 15)
  - “Conservation Series” for ASU Graduate College programming for Presidential Postdoctoral Scholars and Presidential Graduate Assistants (Feb. 22)