I had a really rough year in 2020... I'm so glad to have had the center's videos as one set of tools to help me... Now I'm doing a lot better than I was even before the pandemic... I value your statements that everyone is welcome and be part of your community. That particular statement helped me to cope... All of the staff members involved did a good job of making us feel comfortable there, no matter where we started or how much experience with mindfulness..."

- shared with permission from a Midday Mindfulness viewer

Supported over 80,000 students, staff, faculty, and community through 170 events, consults, and presentations

Supported ASU students as an internship and preceptor site, as committee members, and leadership mentors

Scaled equitable Mindfulness and Mindfulness Sustainability Initiatives

Continue to conduct research; collect and analyze data; submit and publish manuscripts and present posters

Promoted through several news media outlets and listed as a resource across ASU and Arizona

Increased website page views - 168,505 (257% increase from year 2019)

Scaled offerings to students, faculty, community members and stakeholders

2020
Center for Mindfulness, Compassion and Resilience at ASU

Annual Report 2020

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1. Mission:

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

2. Center Core Focus Areas:

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

   Teach: Center will provide multiple pathways to mindfulness training in order to scale and
   provide opportunities for ASU departments, colleges, institutes and community organizations to
   develop a mindful lifestyle.

   Connect: Center will serve as a convening vehicle for students, faculty, staff and community
   members to learn about mindfulness initiatives at ASU to connect global researchers, scholars,
   teachers, practitioners, learners and the community around the concepts of mindfulness,
   compassion and well-being.
Edson CONHI Scorecard Goals and Indicators, AY19-20:

**Goal #1:** Create and evaluate new, scalable models of mentoring/coaching mindfulness skills in order to sustain practice beyond workshops, courses and events.

*Indicator:* Pilot 2-3 new mentoring/coaching/train-the-trainer models including evaluation measures in the coming 18 months.

**Goal #2:** Secure ongoing and/or transformational gifts to ensure longevity and sustainability of Center staff and operations.

*Indicator:* Work with Foundation in order to secure gifts from donors; search and apply for funding for research activities and student employment through external funding sources, i.e. grants or donations.

**Goal #3:** Strengthen survey instruments and evaluation efforts pertinent to Center for dissemination and access to a wide audience.

*Indicator:* Implement robust evaluation methods for select courses, workshops, retreats and events in order to translate research into practice.

**Goal #4:** Increase diversity in Center outreach through the development of Equitable Mindfulness, an initiative to extend mindfulness principles and practice to all communities.

*Indicator:* Collaborate both internally at ASU and externally throughout the community in order to co-create opportunities to engage with underserved and/or high-need populations.

**Goal #5:** Academic support for students, faculty and staff.
Indicator: Provide academic/research training and mentorship in order to support current and future ASU students, faculty and staff by:

- Serving on thesis/doctoral committees
- Hosting resilience- and compassion-building workshops; providing space for collaboration
- Leading the Research Council, Social Justice Council, and Early Career Mindfulness Council
- Supporting and uplifting student leadership opportunities by encouraging and providing information about publications, grants, and/or conference presentations

Goal #6: Communicate and promote the values of Center to a wide audience

Indicator: Number, reach and quality of presentations, keynotes, and media coverage.

Center Development

Team quickly and cohesively adapted and responded to rapidly changing and emergent needs (i.e., social justice and mental well-being).

The people that we reach, especially through our trainings and workshops, are encouraged to be pollinators of mindfulness within their social circles. In fact, the essence of the train-the-trainer model is one that aims to cascade knowledge- and attitude-sharing throughout networks at scale. While the exact numbers cannot be known through quantitative measures, Center is laying the foundation of a social movement built upon the values of compassion and mindfulness.

- In the following years, Center reached the following number of students, faculty, community members and stakeholders through presentations, consultations, Think Tanks:
  - 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)

- **Equitable Mindfulness (EM):** During a time where we are recognizing global upheaval, social unrest, and historical oppression, the Center for Mindfulness, Compassion, & Resilience EM Initiative is focused on finding the intersection between mindfulness and social transformation, activation, social justice and equity. Our goal is to work to create a more equitable world through sustained practice of mindfulness and compassionate listening/action. EM employs a three-tier foundation to consider why this guidance could be important to the mindful community. This work centers on creating programming to 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 Equitable Mindfulness (see below, under Research).
- **Mindfulness and Sustainability**: Center has embraced the sustainability movement, broadening our mindful awareness to include care for our natural environment. To do so, we have designated Hanna Layton, Sustainability and Authenticity Coordinator and alumna of the 4+1 Degree in Sustainable Solutions, to research and implement sustainability into our curriculum. The health of our Earth directly affects the health of its inhabitants, as we are reliant on the resources we alter. With this in mind, we are committed to making Center an environmentally conscious organization by investing in ways we can reduce our environmental footprint from the office setting and mindset to sustainable event planning.
  - Hanna recertified Center for Greening Events

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**Research**

- Center has expanded research efforts by delivering *translational research* – bridging mindfulness research to the public, as well as taking feedback from the public to improve offerings:
  - 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) under review.
  - Article on *The Expansive Model of Mindfulness* (Gueci and Cash, 2020) published online.
  - Database of instruments collected and created for Equitable Mindfulness and Equity in Health Care through a Mindfulness Lens.
  - Drs. James and Bautista submitted their manuscript titled, “Mindful Writing Group: An online format of mindfulness, writing, and productivity in academia.” This manuscript is currently under review and explores the utilization of writing groups created at ASU for doctoral students, postdoctoral scholars, and early career academics.
  - At two virtual podium presentations, Dr. James presented at the following annual research conferences: 1) Contemplative Research Conference through the Mind & Life Institute (Charlottesville, VA); 2) Arizona Postdoctoral Research Conference. Both presentations focused on the model, format, and data from the project and manuscript titled: “Mindful Writing Group: An online format of mindfulness, writing, and productivity in academia.” (James, Bautista).
  - Dr. James attended the research-oriented conference through the National Institutes of Health (NIH), titled: “NIH Behavioral and Social Sciences Research Festival.”
  - Drs. James and Bautista collected mixed methods data (quantitative and qualitative) regarding attendee experiences from engaging in the Mindful Writing Group sessions
over the past two years. Data collection from 30 participants is completed; data analysis and manuscript development is in progress.

- Dr. James was invited to join The Mindful Researcher, an international initiative to establish collaborative efforts to integrate the practices and science of mindfulness into the academic culture and interdisciplinary scientific fields.
- Pilot study completed on acceptability and feasibility of online mindfulness and well-being module with ASU 101 sections: 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)
- Poster presented at the 2020 Association of Medicine and Psychiatry *“Equitable Mindfulness: The Practice of Mindfulness for All”*
- Manuscript with Drs. Katzelnick and Moses in progress on analyses of mindfulness and other health parameters data in American College Health Association surveys
- Analyses of Mindfulness Leadership Certificate data for various audiences (Sun Devil Fitness Complex, City of Flagstaff)

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University Engagement and Community Engagement

- In 2020, Center has reached **82,699** students, faculty, community members and stakeholders through presentations, events, consultations, Think Tanks and online Midday Mindfulness sessions. These numbers reflect:
  - **112 internal and 58 external events, consults, presentations**
  - **Caring and Connection: Midday Mindfulness – 156 one-hour YouTube shows with 72,095 people reached** (unique and repeat views from 3.16.2020 - 12.31.2020)
  - **70 Presentations with 3,095 people reached**
  - **40 Consultations/Think Tanks:** Think Tanks include undergraduate and graduate student academic support sessions for capstones, theses, dissertations, and journalism projects. Consultations include requests for advice on mindfulness practice or programming from existing or prospective students, staff/faculty, and external universities and organizations looking to expand their mindfulness understanding or offerings. Consultations support ASU’s brand and build affinity toward ASU both internally and externally.
  - 6 Mindful sits at the Sun Devil Fitness Complex (Jan-March)
  - Gatherings of the Online Early Career Mindfulness Council (ECMC), including webinar with Dr. Sophia Town, ASU Alumna, Visiting Research Scholar and incoming Assistant Professor at Fordham University, “Mindfulness in the Workplace”
  - Three Mindfulness Leadership Certificates by request (City of Flagstaff, Sun Devil Fitness Complex, Skyline High School)
  - Equitable Mindfulness Vicarious Traumatization Gatherings
  - Earth Day online celebration

- People on Center contact list serve: **1,357**

- **Facebook group** members: **850** (up from 637 in Dec19)
• **2020 Website Analytics**
  
  o Website Users - **20,562** (*156.67% increase from YR19*)
  
  o Website New Users – **11,750** (*144.44% increase from YR19*)
  
  o Website Page views – **168,505** (*256.50% increase from YR19*)
  
  o Caring and Connection Webpage Views: **7,210** page visits
  
  o Top 5 Countries visiting Website:
    o United States
    o Canada
    o India
    o United Kingdom
    o Germany

**Caring and Connection Initiative**

On March 16, Center launched a **new initiative** ("Caring and Connection in the time of Covid-19") to help the public cope with the distress around the Covid-19 pandemic. Although stay-at-home orders lifted in the summer, world-wide issues of inequity, racism, and violence demanded increased advocacy. Therefore, Center re-branded this initiative to include broader societal issues in addition to the pandemic ("Caring and Connection: Moving Mindfully through a Healing World").

"Super. Life changing guidance." - Midday Mindfulness viewer

This 3-pronged approach to support community well-being involved:

  o Daily YouTube ("Midday Mindfulness") live-stream sessions by Center staff
  o Social Media Posts on Instagram, Facebook
  o Written content and articles with transdisciplinary topics such as:
Midday Mindfulness (MM) YouTube sessions included special guest speakers (alphabetical by first name):

1. Alejandro Bastien, Benedicta Akley-Quarshie, Jisun Myung – ASU students and TAiS international artists (MM Session: Mental Well-Being through Drama)
2. Amanda Athey, Director of the Graduate College’s Graduate Student Support Resources Team (MM Session: Zoom Fatigue)
3. Andrea Feller, ASU Art Museum Curator (MM Session: Art Forum)
4. Angie Haskovec, Alumni Coordinator, Edson College of Nursing and Health Innovation (MM Session: Addressing the Realities of PPE Fatigue and resilience: An Open Dialogue)
5. Dr. Ann Sebren, EdD, CMT-P, Principal Lecturer; College of Health Solutions Non-Tenure Eligible Distinguished Faculty, President-Elect, ASU Downtown Phoenix Campus Faculty Assembly, Certified Mindfulness Teacher – Professional (MM Session: Mindfully Moving through Hindrances)
7. Autumn Sayler, Business major at ASU and Brad Biehl, Business Entrepreneurship at ASU (MM Session: Entrepreneurship and Innovation, Part 2)
9. Benjamin Irons, CHt, CMI, Zen with Ben, LLC, Sound Healing Artist, Dragonfly Percussion (MM Session: Sound Bowls)
10. Beth Kovatch, ASU Alumna of T. Denny Sanford School of Social and Family Dynamics (completed Capstone 3 at Center) (MM Session: Community Well-Being, Student Forum)
11. Bin Suh, Ph.D. Candidate & Research Assistant, ASU Edson College of Nursing and Health Innovation (MM Session: International Student Panel)
12. Christine Whitney Sanchez, ASU University Technology Office Chief Culture Officer (MM Session: Culture 2020: The Organization’s Got Soul!)
13. Dr. Danah Henriksen, ASU Assistant Professor of Leadership & Innovation, Mary Lou Fulton Teachers College (MM Session: Creativity and Mindfulness)
14. Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate (MM Session: Mindful Eating and Self-Compassion)
15. Diane Sieg, Author and Speaker, (MM Session: Self-Leadership in a Pandemic (and other crises))
17. Darnell McDonald, former Chicago Cubs Mental Skills Coordinator, and MLB player for the Minnesota Twins, Cincinnati Reds, Boston Red Sox, New York Yankees, and Chicago Cubs; and
John Sterling, United States Army Noncommissioned Officer and Military Intelligence professional; Founder Azimuth Leadership LLC *(MM Session: Get in the Zone: Mindfulness and Athletics)*

18. Drew Ross, M.A., Associate Director, International Students & Scholars Center, Designated School Official & Alternate Responsible Officer, Co-Chair, Committee for Campus Inclusion Tempe *(MM Session: International Student Panel)*

19. Erica Berejnoi, PhD Candidate, ASU School of Sustainability *(MM Session: International Student Panel)*

20. Jacob Gold, Wealth Management CEO and ASU WP Carey Finance Faculty Associate *(MM Session: Financial Wellness)*

21. Jen Wheeler, Yoga Alliance Registered Yoga Teacher and Yoga Nidra Facilitator *(MM Session: Introduction to Yoga Nidra)*

22. Dr. Jillian McManus, Executive Director of Workforce Development and Health in the Office of Human Resources; Corina Tapscott, Coordinator for Community Well-Being at ASU’s Sexual and Relationship Violence Prevention Program, and Emma Celozia, Health Educator Senior at ASU’s Sun Devil Fitness and Wellness *(MM Session: Community Well-Being, ASU Wellness Resources)*

23. Ji Mi Choi, Associate Vice President Entrepreneurship and Innovation; Founding Executive Director Entrepreneurship, Innovation, J. Orin Edson Entrepreneurship + Innovation Institute *(MM Session: Entrepreneurship and Innovation)*

24. Katie Cannon, Alumni Coordinator ASU College of Health Solutions *(MM Session: Long-Term Health and Overcoming Overwhelm)*

25. KJ Lavan, Author and Speaker *(MM Session: Breaking Through the Negativity Bias)*


27. Michael Moramarco, ASU School of Human Evolution and Social Change Graduate Student – Anthropology Ph. D. *(MM Session: Getting into Character)*

28. Michelle Loposky, Assistant Director, Pat Tillman Veterans Center at ASU and Danielle Snyder, Assistant Military Advocate, Pat Tillman Veterans Center at ASU *(MM Session: Community Well-Being, Veteran’s Day)*

29. Dr. Michelle Villegas-Gold, Ph.D., MPH, MC, RYT, Project Manager, Health and Clinical Partnerships, ASU Knowledge Enterprise *(MM Session: The Art of Transforming Suffering)*


31. Dr. Sophia Town, ASU Alumna, Assistant Professor at Fordham University *(MM Session: Mindful Leadership in COVID 19 Part 1 & Part 2)*

32. Dr. Swapna Reedy, Professor, ASU College of Health Solutions *(MM Session: Equitable Mindfulness and Health Justice)*

33. Renee Bhatti-Klug | Senior University International Educator Coordinator, Global Advocacy Certificate Program Global Launch/Office of the University Provost, ASU Committee for Campus Inclusion *(MM Session: Cultural Intelligence)*

34. Steven Troutman, Author, Remote Control Leadership *(MM Session: 6-part meditation series and Remote Control Leadership)*

35. Shea Aley, Assistant Director for Student Services in Barrett, The Honors College at ASU *(MM Session: Mindfulness and Ambition: Can they Co-Exist?)*

36. Sunny Wight, Founding Director of Mindfulness First *(MM Session: Mindfulness in K-12 Schools)*

37. Teresa Salama, MHA, CWP and Sherry Haskins, MPA of Healthy Arizona Worksites Program, Maricopa Public Health *(MM Session: How to Maintain Wellness Programs virtually and during COVID 19)*

38. Travis Claytor (with Mikey the Thoroughbred, Mack the Bulldog, and Cece the MicroPig), Firefly Farms *(MM Sessions: Community Well-Being)*

39. Wayne Tormala, Bureau Chief at AZ Dept of Health Services *(MM Session: Grief and Loss)*
40. Zachary Reeves-Blurton, ASU Graduate College Program Manager (MM Session: Imposter Syndrome)

- The Caring and Connection Initiative was covered in:
  
  **News Media**
  - NBC 12News

  **Online Media**
  - ASU Now “Mindfulness Goes Digital”
  - Caring Magazine
  - Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate, contributed weekly to a health care Facebook group online called COVID resilience for healthcare professionals
  - Tiara Cash featured on ASU Now, “ASU alumna helps others navigate uncertain times with mindfulness practice”
  - Nurse Trust Robert Wood Johnson Executive Nurse Leadership cohort 4-week series on mindfulness reflections and topical discussion
  - State Press: Health, counseling services go remote in response to Covid-19

  **Podcast**
  - Anthem Podcast
  - ASU’s Radio Café Thought Huddle – Time for Caring: At Home – and On the Frontlines podcast
  - Dr. Pipe spoke on “Embracing Mindfulness and Self-Compassion” on two podcasts for the American Organization for Nursing Leadership (AONL)
  - Panelist on COVID 19 Conversations for Clinicians #6: Residents and Student’s Seat at the Table

  **Print**
  - The College Times
  - Phoenix Magazine
  - Raising Arizona Kids magazine

  **Radio**
  - KJazz NPR Phoenix
Webinars
- Mindfulness and Self-Care for Busy Parents
- Consciously Coping – Fearlessly Authentic
- State of the Union: Black Women & Higher Education, I am a Black Woman, Yes, I Matter

- This initiative was listed as a resource in:
  - American Organization for Nursing Leadership (AONL) Leadership Development
  - American Public Health Association (APHA) Integrative, Complementary, and Traditional Health Practices (ICTHP) inventory of online resources for COVID-19
  - Arizona Department of Health Services Public Service Announcement and website
    - Impressions on 12News and Arizona Department of Health Services PSA: 3,662,109 (run time: April-June)
  - ASU Employee Assistance Office
  - ASU For You
  - ASU Family Connection video series
  - ASU Graduate College
  - ASU Insight
  - ASU Knowledge Exchange for Excellence
  - ASU Online Success Coaching Center
  - ASU’s Research Enterprise and the Community Unite Against a Pandemic: A sex-month review (page 31)
  - ASU School for the Future of Innovation in Society (SFIS)
  - ASU YouTube playlist
  - City of Tempe Covid-19 response
  - Educational Outreach and Student Services (EOSS) departments (Sun Devil Fitness Wellness Center, Live Well)
  - FEAST research website
  - FEMA Higher Education newsletter
  - Healthy Arizona Worksites Program
  - Learn at Home With YouTube
  - M2 Mobile Mindfulness
  - Mesa Channel 11 #InspireMesa
  - Mesa Mayor Giles’ Digital Summit #Inspire Mesa
  - Navajo County Government
  - Pascua Yaqui Tribe Adult Education GED course students
  - Pima Helpline
  - Raising Arizona Kids magazine
  - Show Low Police Department
  - Wellness A to Z newsletter

- Poetry Challenge:
o Student intern led a poetry submission process for anyone in the community with the intention of promoting art as a way to work through feelings associated with the epidemic.

**Internal collaborations with ASU departments and programs:**

- **Edson College of Nursing and Health Innovation 2026 Values and Goals workgroups (Dr. Pipe: Chair of Well-Being group, Dr. Gueci: Member of Excellence and Innovation group)**

- **Mary Lou Fulton Teachers College: Creation of curricula for a 5-part series on mindfulness for parents and teachers. The format will be online 20-minute courses each, which can be taken individually or as a series.**

- **Sun Devil Support Network: curriculum-building workgroups (representation from both Center student and staff)**

- **ASU Art Museum: Meditation lead on Toshiko Takaezu Virtual Opening Reception (Aug 29)**

- **Knowledge Enterprise: Collaboration on PPE-Overwhelm Initiative with healthcare workers**

- **Collaborations on Midday Mindfulness session topics with:**
  - Fulton School of Engineering faculty
  - Hugh Downs school alumnæ
  - Edson College of Nursing and Health Innovation Alumni Association alumni
  - College of Health Solutions staff
  - Mary Lou Fulton Teachers College faculty

- **Fulton School of Engineering: Center consult for Fulton’s Diversity Difference workshop grant as well as the residence hall Peer Mentorship program**

- **University Sustainability Practices (USP): Nurturing Mindful Connections to Nature: In celebration of Earth Day on April 21, Hanna Layton hosted an online mindfulness session to discuss the positive impact of physical distancing on the earth with Susan Norton, Program Manager of USP**

- **Alliance Plus Seed grant submitted in conjunction with King’s College London and UNSW Sydney, “Using mindfulness and compassion practices to increase sustainable food-related behaviors: A mixed-methods exploration”**

- **Graduate College at ASU: Grant application accepted and funded by the Council of Graduate Studies and the Jed Foundation accepted in conjunction with ASU Graduate Student Support Services, “CGS-JED travel grant proposal: Supporting graduate student mental health and wellness”**
  - Listening session tours complete – May 2020
  - Nika presented to the Grad-15 session on well-being
  - Ongoing collaboration on graduate student interests for Center’s Midday Mindfulness sessions
• Educational Outreach and Student Services: Sun Devils Rising: A Celebration of Community, Academic Success and Resilience hosted online end of SP20 semester

Academic Support for Students:

• Dr. Gueci serving as second committee member for Angela Foley’s Barrett Honors Thesis “Twelve Feet of Freedom: A Yoga Student’s Journey”

• Tiara and Nika served as Leadership and Innovation EdD Leadership Mentors for the University of Guyana international doctoral student cohort. The Leadership and Innovation EdD program at ASU has created a cohort of leadership mentors for doctoral students in an international cohort from University of Guyana. All students in the UG cohort have the common goal of learning more about leadership and conducting action research that will benefit the University of Guyana and the country overall.

• Beth Kovach completed her Capstone II: Higher Education with Center and created this video to discuss stress and mindfulness at ASU

• Aldwin Galang successfully completed his Barrett Honors Project on “Key Importance of Equitable Mindfulness and Resiliency among Students in a Thriving Community.” Aldwin has created a series of free mindfulness classes called BPRSNT.

  Aldwin Galang with Committee Members Dr. Teri Pipe, Tiara Cash and Dawn Augusta

• Dr. Tara Bautista, successfully defended her dissertation “Acceptability of a mindfulness-based intervention among women with substance use disorders” (Committee Members: Drs. Karen Marek, Chair, Teri Pipe, Hortensia Amaro)

  Dr. Tara Bautista with her partner, Dr. Taylor Joo, and their pup Clementine

• Congratulations to winners of the Interdisciplinary Cluster Competition with the Design School! Given the task of creating a "third place" on campus that blends the digital and physical worlds, the team took a novel approach centered on mindfulness and well-being. Their vision includes several mindfulness gardens placed strategically around campus, equipped with
unique landscaping, private meditation pods, as well as larger pods that facilitate group augmented visual and auditory nature experiences. Art Nature Technology (A.N.T.) focuses on merging eco and art therapy into an immersive visual experience. With a focus in mindfulness and connection, these zones pave the way for the ASU collective to cultivate a relationship with technology that gives priority to mental health and creative expression.

- Dr. Pipe supported this effort with a recorded segment for their competition submission. See video here.

Maeghan Doherty (Architectural Studies), Nhi Phan (Graphic Design), John Arnot (Astrophysics, Chemistry Minor), Maxwell Horwitz (Marketing, Psychology), Diego Santa Cruz (Business in Sustainability, Landscape Studies Minor)

Academic Support for Faculty/Staff and Center Affiliates:

- ASU Faculty/Staff and Center Affiliates were scouted and recruited to engage as pro-bono content experts and talent in the Health and Wellness: Mind and Body online course series, a collaborative effort with Center, EdPlus and the Mayo Clinic. These faculty experts are listed as Instructors on the 10-hour course and their work featured in the following ways: “Interview with an Expert,” PowerPoint presentations with voiceovers, written or audio content, and lectures on camera.
  - Mind and Body I: Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate
  - Mind and Body II: Dr. Megan Petrov, Asst Professor Edson CONHI, Barrett Honor Faculty; Dr. Carol Baldwin, Research Faculty and Professor Emeritus Edson CONHI; Dr. Kimberly Vana, Clinical Professor Edson CONHI, Barrett Honors Faculty
  - Mind and Body III: Dr. Carol Johnston, Asst Dean and Professor at CHS; Jenna Heller, Dietician (Primary Care and Wellness); Susan Norton, Program Coordinator (University Sustainability Practices); Dr. Karen Moses, Director of Wellness and Health Promotion
  - Mind and Body IV: Dr. Julie Rousseau, Human Systems Engineering; Dr. Jeni Green, ASU Exercise and Nutritional Sciences program; Dr. Lisa Smith, Lecturer ASU College of Health Solutions; Dr. Pamela Swan, Professor ASU College of Health Solutions; Dr. Dara James, PhD Edson CONHI Postdoctoral Scholar and Research Affiliate; Dr. Jennifer Huberty, Professor, College of Health Solutions; Miquella Young, ASU Alumnus; Dr. Tara Bautista, Postdoctoral Fellow at Yale University and ASU Alumna; Anna Malagon, Fitness Coordinator, ASU Sun Devil Fitness and Wellness; Jason Hill, Head Adaptive Trainer, ASU Sun Devil Fitness and Wellness
  - Mind and Body V: Dr. Sophia Town, ASU Alumna, Assistant Professor at Fordham University; Bobby Gray, ASU University Technology Office Director; Jacob Gold, WP Carey faculty; Laura Walton, Family therapist; Jamie Valderama, Faculty, ASU School of Social Work; Tamara Rounds, Faculty, ASU School of Social Work; Dr. Michelle Villegas-Gold, Project Manager for ASU Health and Clinical Partnerships; Miquella Young, ASU Alumnus; Dr. Tara Bautista, Postdoctoral Scholar at Yale University
External

- Host of *Wellness A to Z Healthy Arizona Worksites Program (HAWP)* 101 Live Training through Maricopa Public Health (Healthy Arizona Worksite Award Gold for 5 years in a row)

- Design Charrette with *Emory University* and the *Walton Foundation* to develop ideas for Emory’s Compassion Institute

- Partnership with *The Sustainability Consortium (TSC)* in vision and mission development, ongoing thought leadership from Center’s Sustainability and Authenticity Coordinator, Hanna Layton

- Sponsorship of the *Mind and Life Contemplative Research Conference* as Community Partners and attendance at conference in Nov.

- For two years in a row (2019, 2020), Center has been 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.
  - The 2020 Collective workshop took place online, with Tiara Cash facilitating.

- *Health and Wellness Series* courses in conjunction with *EdPlus* and the *Mayo Clinic*: Center staff and affiliates have been commissioned as content experts for curriculum development to create a series of five 10-hour online courses (see above under Academic Support for Faculty/Staff and Center Affiliates). These courses (Mindfulness, Sleep, Nutrition, Physical Activity and Whole-Person Well-Being) are available to anyone for a fee through ASU’s Continuing and Professional Education website. After taking this course, learners will earn a professional certificate and a badge to place on their LinkedIn account to showcase advanced abilities in health and wellness practices.
  - This series is advertised on the ASU For You Wellness landing page.
“I believe that career changes happen every day and this is a great way to get your foot in the door. Valuable and great learning.” – Course learner

Koru Mindfulness Initiative

- Koru Instructors (who continue to engage with Center) continue to teach Mindfulness for Emerging Adults throughout the community

Events – cancelled due to Covid-19

- Annual Conference 2020: Although the annual conference was planned and marketed throughout the community, Covid-19 lockdown precluded Center from hosting the conference as planned.
- Equitable Mindfulness Workshop - Tempe Union High School District Administrators
- Women in Wellness retreat in conjunction with the College of Health Solutions

Staff Development

- Center interns (left to right): Andrew Atkeson (Athletics Liaison/Marketing); Nicole Hudson (Social Media/Student Outreach); Yasmine Khodr MacEwen (Outreach); Jose Vallejo (Student Involvement/Outreach)
  - Nicole Hudson managed social media including on Facebook and Instagram, Marketing Midday Mindfulness shows, and assisted with collaborative marketing for ASU departments.
  - Jose Vallejo, Andrew Atkeson, Yasmine Kohdr created an initiative, Conversations around Mindfulness, involving weekly discussions around mindfulness that were student-led and student-centered, and plan to continue and grow in SP21. Future sessions have been outlined and retained for future interns to ensure sustainability of the initiative.
  - Jose Vallejo created a video “How Mindfulness has Helped Me”
  - Interns gained presentation skills by guest speaking on Midday Mindfulness Community Well-being sessions. They added their unique perspectives in answering questions from the live-stream Community.
• Terence Meyerhoefer, Mayo Clinic Medical Student (who participated in Center’s 20-hour Selective course) will continue working with Center for Mayo Research credits this year. In Fall 2020, he worked with Tara Bautista on data analysis and journal submission for the Equitable Mindfulness study. In SP21, he will work on American College Health Association – National College Health Assessment data analysis.

• Tiara Cash began her PhD journey at Simon Fraser University in Vancouver in the Department of Psychology, where her research will focus on intersections of transitions and prosocial behaviors on overall well-being. She will retain a part-time appointment as Culture and Equity Specialist at Center, where Tiara will focus her time and attention to the important work of Equitable Mindfulness – creating curricula, presenting to organizations, speaking on panels, and conducting research with this lens. Her summer 2021 aspirations are to expand research in equity and mindfulness, and to recruit a Culture and Equity intern to work on the Social Justice Council (a student-lead mindfulness council with faculty, staff, and students who will use the Council as a think tank to discuss the intersections of mindfulness and social justice).

• Nika Gueci, EdD was accepted to the Arizona State University Leadership Institute, Class 3. The ASU Leadership Institute is a competitive 9-mo professional development program that “works to enlighten, inspire and transform leaders from diverse professions and communities.”

• Tara Bautista, PhD, has accepted a postdoctoral fellowship at Yale University School of Medicine in the Yale Stress Center. Her research will focus on mindfulness-based interventions for high-stress and vulnerable populations.

• Dara James, PhD, accepted a position as a postdoctoral scholar at Edson College of Nursing and Health Innovation at ASU and currently holds a dual appointment through the Center for Health Promotion and Disease Prevention and the Center for Innovation (CHPDP) in Healthy and Resilient Aging (CIHRA). Notably, Dr. James was awarded the first postdoctoral scholar position at CIHRA.
  
  o Dr. Dara James, Postdoctoral Scholar at Edson CONHI and Center Affiliate was awarded the Emerging Scholar and Professional Organization Carol A. Schutz Award through the Gerontological Society of America to attend the annual conference. Additionally, she was appointed to the Editorial Board for the peer-reviewed journal titled, Geriatric Nursing.

• Gabriela Goldentyer worked as Center’s intern this summer. Gabriela is a recent graduate from Barrett, the Honors College at ASU with a B.S. in Psychology. During her time at ASU, she was
Gabriela Goldentyer

- Hanna Layton, Management Intern, graduated with her Masters of Sustainable Solutions! Her final project was entitled “Epic-Cure Crisis Mitigation”
- Hanna also won a Sun Award for her work at Open Door!

- Tiara Cash received 2 Sun Awards from the College of Health Solutions! One is for her presentation to the Student Engagement and Retention Team on “Identifying and Dismantling Systemic Barriers in Health Care” and one for her work at CHS’s well-being panel for employees!

- Paul George Smith, Center’s Thunderbird Liaison, graduated with the “Dean’s Circle Award” with his Master of Arts in Global Affairs and Management!
"The reasons I was able to be the best leader I could be at Thunderbird are due to the mindfulness leadership and management skills I developed thanks to ASU’s Center for Mindfulness, Compassion and Resilience and their inspirational team. Many thanks!"

- Center’s student volunteer AY19-20

Saiarchana Darira is a sophomore double majoring in Psychology and Global Management. She is a Millennium Fellow and Emerging Leaders Fellow for the United Nations and is creating a short film about women empowerment this semester. She has experience in meditation and trained to become a meditation facilitator last summer. She one day wants to do work that promotes mental health globally and her dream is to give hope to people who feel forgotten and unloved. At Center, she worked on social media outreach and supported with events and Mindful Sits.

Communications

- Development of the new Meditations page on Center’s website featuring practices under 20 minutes

- Tiara Cash, Nika Gueci, Teri Pipe manuscript “Bridging Communities through Equitable Mindfulness: A Curriculum Model for Creating Brave Containers and Shared Spaces” was accepted by the Building Healthier Academic Communities (BHAC) journal for SP21

Hanna, Nika and Tiara were invited presenters to:

- Students and Teachers for Restoring a Watershed (STRAW) Conservation Science Program’s Watershed Week
  
  “I'm grateful for Tiara, Nika, and Hanna and their ability to make a Zoom call engaging, new, and personal! I've never left a computer actually feeling better than when I got to it...”

  “Even over zoom you could feel the caring intentions from all speakers. I appreciate the space to think deeply, breathe slowly and focus. Thank you!”

Hanna Layton, Sustainability and Authenticity Coordinator:

- Presented to Public Allies, a leadership and professional development AmeriCorps program for marginalized communities typically underrepresented in leadership positions, which operates through the ASU Lodestar Center
• Presented at the “Climate Action, Energy Stewardship and Care for Creation: A Collaborative Workshop” hosted by SEEK.
  o In this conference, Mindfulness was included in a breakout session titled: "Cultivating Community Resilience and Adaptation During Uncertain Times." In this session, Hanna presented on the link between cultivating mindfulness and sustainable behaviors.
• United Nations Association at ASU - Covid x Mental Health panelist (Oct. 15)
• Compassion Fatigue webinar for Healthy Arizona Worksites Program (Oct. 14)
• “Meditation and Mindfulness: Self-Care I learned through Peace Corps Service and How it’s Helped Me through the Pandemic” (Oct 8)
• The Sustainability Consortium (TSC) Leadership Institute Fall Workshop (Sept. 29 & 30)
  o In this two-day workshop, sustainability minded business leaders gathered to explore how to embrace equitable sustainable practices in both personal and professional arenas. The workshop included narrative crafting and sharing, equitable mindfulness meditations, and reflection prompts.
• Rotary Club at ASU Train-the-Trainer in Servant Leadership
  o In this workshop, the Center team crafted a three-part mindfulness series for student leadership, training 20+ high school leaders how to facilitate mindfulness activities and lessons to 200+ middle school students. Mindfulness was explored through three topics: servant leadership, community outreach, and beyond your limits.
• Opening Reception for ASU Art Museum (Aug 29)
• Wellness panel at Culture Fest’s Wellness Day (Aug 19)
• Profiled in ASU Now, ASU graduate student feeds community members affected by Covid-19

Tiara Cash, Culture and Equity Specialist:
• Featured in ASU Family Connections “Parenting through Stress” video series, captioned in Spanish, Chinese and Arabic and will be highlighted on the ASU Family website throughout the Spring semester
• Collaborated on producing a new website “Cite Black Authors” to enhance recognition and citation of black academic voices
• Invited to Keynote at the Leisure Studies Association Virtual Conference 2021
• Bill Anderson Fund Fall Workshop - Behavioral Health panelist (Oct. 16)
• “Empathy from the Inside Out: Navigating Difficult Times with Mindfulness” for the ASU Office of Inclusion and Community Engagement/CCI (Oct 9)
• Presented on Equitable Mindfulness for the Student Affairs Professionals at University of South Florida, St. Petersburg
• National Public Radio (NPR) interviewed Tiara Cash, about mindfulness in schools
  "Mindfulness is not about spiritually bypassing the fact that there are social injustices and systematic issues that show up in communities."
• Although ultimately cancelled due to Covid-19, Tiara’s proposal was accepted to present her research at the National Association of Diversity Officers in Higher Education Conference “Bridging Communities through Equitable Mindfulness: A curriculum model for creating brave containers and shared spaces.” Tiara was instead invited to submit a paper on the same topic, which is in consideration for publication.
Jackie Speer presented:
• Engineering School Presentation Fall Welcome – 4 groups (Aug. 15)
• ASU Gold Dissertation Writing Camp

Dr. Teri Pipe presented:
• ASU Osher Lifelong Learning Institute (Oct. 21)
• The Sedona Women (Oct. 14)
• Arizona Well-Being Commons panel (Oct. 9)
• Arizona Nurses Association, “Nurse Well-Being and Resilience” (Oct. 2)
• Keener Institute “How to Beat Stress and Anxiety before it becomes Burnout” (Sept 29)
• “The Science of Mindfulness” at Arizona Science Center for the President’s Club (Sept. 15)
• Nursing Grand Rounds (Sept 2)
• ASU Foundation Scholar Speaker Series (Aug 29)
• Edson Research Center Director Panel (Aug 25)
• University of Iowa Retreat (Aug. 19)
• McCain Institute, “Mindfulness and Resilience” Workshop
• Arizona Chapter of the National Association of Pediatric Nurse Practitioners “Mindfulness and Self-Care” (Nov. 6th)
• ASU Leadership Institute
• Mayo Clinic Leadership in Abu Dhabi
• Submitted a Robert Woods Johnson Alumni Activation Fund grant (Tailoring Mindfulness Resources for Use in Covid-19 and Beyond)
• Featured in the ASU Now article “Be your own Valentine this Feb 14 with self-care”
• The unanimous awardee of the Distinguished Alumni Award from the University of Iowa College of Nursing for 2019 – 2020
• Keynote at University of Portland Nursing College
• University of Portland Nursing College Keynote Speaker
• Charter 100 Salon on Mindfulness
• Featured in the ASU Now Article “Tips for Living Well in 2020”

Dr. Nika Gueci presented:
• Back-to-School promo for Canvas use with Edson CONHI Marketing team
• Manifesting Professional Fulfillment and Planning for your Future Mindfully, Preparing Future Faculty and Scholars (PFx): Non-faculty Career Development seminar (Oct. 16)
• Panelist for Professional and Secondary Education program at East Stroudsburg University (Oct. 16)
• “Mindfulness and Resilience in Uncertain Times,” presented to counselors and educators of the Be a Leader Foundation and College Success Arizona (Sept. 30)
• ASU 101 (Sept 24)
• Fulton School of Engineering team building session (Sept 24)
• Healthy Arizona Worksites Program (HAWP) 101 Training (host)
• “Building Resilience through Mindfulness,” Access ASU Fall Retreat (Aug. 20)
• Grad 15 Graduate Student webinars – Wellbeing, Summer and Imposter Syndrome, Fall
• Presented Lunch and Learn for ASU Cultural Affairs in January
• Sustainability course
Nika and Tiara were invited presenters to:

- University Technology Office’s “Self-Awareness” week in Aug.
- Facilities Management Leadership in February
- ASU Enterprise Marketing Hub in January

- Collaborative Marketing Efforts
  - Presentation slide for Devils 4 Devils university-wide deck of resources
  - Center partnered with the Cronkite Digital Marketing Strategies class in order to enhance social media and marketing presence. The class presented researched recommendations to Center, which were used to scale online presence.
  - Presentation slides for mindfulness tips in Carson Athletics Digiboards
  - Advertisements for Center’s Health and Wellness Series in conjunction with EdPlus and the Mayo Clinic were published in Mindful Magazine

Center Affiliates, Research Advancement Council, Social Justice Council and Early Career Mindfulness Council

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

- Wayne Tormala, Chief Arizona Department of Health Services, Bureau of Chronic Disease and Health Promotions
- Chelsea Gaberdiel, JD, ASU Associate General Council
- Edward T. Creagan, MD FAAHPM, Professor of Medical Oncology, Mayo Clinic College of Medicine, John and Roma Rouse Professor of Humanism in Medicine Palliative Care Consultant, Past President, Mayo Clinic Faculty, Distinguished Clinician Mayo Clinic
- Angela Ellsworth, Associate Professor, School of Art at ASU
- Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate
- Dr. Sophia Town, ASU Alumna, Assistant Professor at Fordham University;
- Dr. Michelle Villegas-Gold, Project Manager, Health and Clinical Partnerships, ASU Knowledge Enterprise
- Dr. Mark Huerta, Lecturer, Ira A. Fulton Schools of Engineering, Engineering Education Systems & Design, Co-Founder & Chairman, 33 Buckets

Center Research Advancement Council aims to facilitate the development of collaborative cross-disciplinary research projects on themes related to increased understanding, application, and sustainability of mindfulness, compassion, and resilience.

- Dr. Mary C. Davis, ASU Psychology Professor and Center’s Chair of Research Advancement
- Dr. Leslie Baxter, Neuropsychology, Barrow Neurological Institute
- Dr. Linda Larkey, Edson CONHI Research Faculty
- Dr. Sari Roth-Roemer, Health Psychologist in community practice

Center Social Justice Council is 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. During the summer 2021, Tiara Cash will be looking to pass the chair role of this important council to a student through a Culture and Equity Internship. Search for an intern will begin Spring 2021.

- Tiara Cash, Center’s Culture and Equity Specialist and Chair of Social Justice Council
- Dr. Nika Gueci, Executive Director for University Engagement, Center for Mindfulness
- 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

**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.

- In Jan. 2020, the ECMC hosted a Webinar on grant writing for early career academics with Guest Speaker Dr. Laura O’Dell Professor of Neuroscience at The University of Texas at El Paso.
- In Oct. 2020, Dr. Sophia Town presented a [webinar](#) designed for PhD students and junior faculty on writing a literature review quickly and efficiently.

**ECMC Mindful Writing Group (MWG):** Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate serves as the Director the MWGs. The MWG sessions are held six days a week, with a total of 10 sessions per week. Each session lasts two hours for a total of 20 hours a week of supported 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. The detailed format of MWG sessions is as follows: attendees join via Zoom, session facilitators invite attendees to set a writing goal and a mindful goal for that session, once each person has set their goals/intentions, the facilitator leads a 5-minute mindfulness practice. The group (average attendance 10 individuals) then writes/works in silence—with Zoom audio paused, video optional. At the end of each session (15 minutes prior to the second hour), the facilitator invites attendees to “return” to the group and unmute to share and debrief about their writing/working and mindful goals. All sessions are closed with another 3-5-minute mindfulness practice. At present time, over 70 participants from more than 20 states and 4 countries (United States, Canada, Germany, Argentina) have attended the MWG.