Center: Mindfulness, Compassion and Resilience at ASU

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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.
4. Accomplishments and Upcoming Events

Center Development

- In 2018, Center reached 6,197 students, faculty, community members and stakeholders through 142 events, presentations, consultations, Think Tanks and lectures.

- In 2017, Center reached 7,698 students, faculty, staff, community members and stakeholders through 66 events, presentations, consultations, Think Tanks and lectures.

- **Equitable Mindfulness**: The Center for Mindfulness, Compassion, & Resilience is working on an initiative this year focused on finding the intersection between mindfulness and social transformation, activation, social justice and equity. Our goal is to create a more equitable world through sustained practice of compassion and mindfulness. A three-tier foundation considering why this guidance could be important to the mindful community has been developed. We are focused on creating programming to focus on:
  - Personal protection
  - Mindful Activation, Systematic Change & Sustainability of Practice
  - Robust programming with the population in mind

In order to have a better understanding of these three areas, Tiara Cash, Program Manager, (whose background is in transition phenomena, race & athletics, resilience training, and mindful practice) has developed a Social Justice Council. This council’s goal will be to begin discussion, gathering data, and creating a foundation for programming on this intersection.

- Center for Mindfulness’ Equitable Mindfulness Initiative aims to normalize mindfulness and spaces for mindful practice for all beings. Center presented a [trauma responsive mantra](#) at the Sexual Violence Symposium. The Social Justice council had its second meeting, where goals were discussed and intentions for the council and thought of ways
to incorporate mindfulness in a transdisciplinary framework for all of ASU – with focuses being on creating conversation and action around social change. Finally, Center hosted its second annual conference that was a part of the Equitable Mindfulness Initiative – Water & Stone: The Power of Mindfulness for Social Change.

- Equitable mindfulness, is simply, the practice of mindfulness for everyone. However, the intent of this initiative is presenting the concept of mindfulness in a way that speaks to each and all people, and uses mindfulness to be active in our communities with a platform to remove barriers and create systematic change. To move this initiative forward, Center offered gatherings and crafting sessions with common themes to begin deeper, more difficult conversations around the following topics.

- September 4th; 5:00 - 6:15 pm
  Gathering: The true face of healing: What does healing really look like?

- November 13th; 5:00 - 6:15 pm
  Gathering: Othering & Belonging: How do we create innovative spaces of belonging at our institutions?

- Mindfulness and Sustainability: Center is embracing the sustainability movement in an attempt to broaden our mindful awareness to include care for our natural environment. To do so, we have designated Hanna Layton, Management Intern, who is pursuing her 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.

In the last academic year this initiative lead Center participated and hosted a variety of sustainability events.
“Eat Well, Live Well,” an event focused on plant-based diets: This event was the culminating experience of Master of Sustainable Solutions final project to change the perspective of how we interact with food to promote more equitable and healthy choices. Center contributed by bringing an essential oil table as smells play a large role in memory functions, and the goal of the event is to help students understand and remember the importance of greener diets.

Two Mindful Present Crafting: Before holidays, Center likes to emphasize the difference between presence and presents, via offering students a less stressful and more meaningful approach to holiday seasons. At the event, students are able to upcycle used materials into thoughtful and intentional gifts for loved ones, without monetary stress.

Student led Earth day: The event focused on mindfulness as a passage to connect with sustainable principles. Center offered meditations and yoga at the event.

Hanna Layton integrated mindfulness and resilience practices into her Sustainable Development in Action class project. This summer she travelled to Gumantar Village located in Lombok Indonesia to pilot a learning curriculum she helped develop in the spring semester. The intervention was intended to encourage Indonesian students to build their resilience and enable them to live their life with greater opportunity and well-being. Since the region was devastated by earthquakes last summer, much of the infrastructure, including schools, have been destroyed and have yet to be fully rebuilt. Hanna and her team worked to empower the children of the region with a quality education that can set the groundwork for fulfilling futures. Hanna's portion was an arts based approach to processing and expressing emotions, desires, and fears. She was inspired by her connection to mindfulness, compassion and resilience and worked to share the tools for wellbeing with the students.

Here are a few of the mindfulness inspired practices:

Students learning about emotional and environmental impermanence. Since many deal with deep trauma after the Earthquake, we drew our fears in the sand and then noticed how it felt to wipe them away. We talked about our fears and why they are there, then the children were encouraged to let go of that fear by erasing it from the sand. After they erased their fears, they were tasked with drawing something that makes them feel safe or loved. They were encouraged to erase this one too. After letting go of this one, we had them redraw what made them feel safe and loved, asking them to notice how it felt to redraw it, and if they could make it even more special this time. We talked about how all material things are impermanent, and how losing some may feel scary, but if we are brave, we can always let go of our fears and rebuild our sense of safety.
Students were prompted to let go of any parental or community expectations on what they should grow up to be. We asked them to think about what it is they want to do in the future. They drew their answers and started conversations with each other about why they wanted to be an artist, or a doctor and so forth. With this, we were able to talk to the students about the power of passion, purpose and patience when creating the life they want to live.

Students are making their own gratitude journals. They were tasked with picking colored paper that brings them joy and folding it into a little book. After decorating and customizing their journal, they were prompted to write at least three things that made them feel happy today. We talked about how good things aren’t always big things, sometimes good things are as small as getting passed the soccer ball in a game, and how those moments are really important. We prompted them to continue this practice each day, and that if they ever feel down or like nothing good happens, to just look back at all the good things that happen to them everyday.

- Thunderbird Liaison to Center: Master’s candidate at the Thunderbird School of Global Management, has been Center’s liaison to Thunderbird since 2018.
  - Throughout the summer of 2019, Thunderbird liaison was invited to work for multinational corporations around the world where he brought the techniques and benefits of mindfulness with him. In the world of global business, in addition to ‘hard skills’ such as financial management and data analysis, it is equally important to have ‘soft skills’ such as conscious communication and adaptability. To further these skills through a global reach, he worked as a Global Business Innovation Consultant with a team of Thunderbird colleagues in Quito, Ecuador. Before various meetings and presentations to executives, he led mindful breathing and meditation exercises designed to calm the team and build efficacy. After completing this consulting contract, he spent June-August as an intern with the largest internet conglomerate in Tokyo, Japan. In
addition to the market research and business development, the CEO and colleagues invited him to lead activities to help enhance workplace wellness and productivity. Every morning, he taught yoga and mindfulness for up to 140 employees throughout all departments. The feedback was positive, with employees commenting about how they felt so much better after doing the mindfulness exercises.

- **Awards at ASU:**
  - **Center is a Certified Healthy Department through the Employee Assistance Office**
  - **Healthy Arizona Worksite Award (HAWP):** In 2019, ASU was awarded the state-level Gold Level HAWP award for the commitment to the health and wellness of faculty and staff for the fourth year in a row.

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### Research

- Center is expanding our research efforts by delivering translational research – bringing current mindfulness research to the public, as well as taking feedback from the public to improve offerings. This semester, several projects are underway to collect and analyze acceptability, feasibility, and efficacy of our mindfulness programs, courses, and workshops. This data will then be translated in order to evaluate and finely hone our offerings.

  - Pilot study on acceptability and feasibility of online mindfulness and well-being module with ASU 101 sections
  - Analysis of mindfulness and other health parameters data in American College Health Association
  - Analyses of 2019 conference data (qualitative and quantitative)
  - Analyses of Mindfulness Leadership Certificate data for various audiences

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### University Engagement and Community Engagement

*Accomplishments*

- Since January 2019, Center reached **6,493** students, faculty, community members and stakeholders through **192** events, presentations, consultations, Think Tanks and lectures. These numbers reflect:
  - 79 presentations or keynotes/workshops
  - 31 Koru Mindfulness Classes and a Teacher Training
16 Mindfulness sits at the Sun Devil Fitness Complex
5 Mindfulness Leadership Certifications
Annual Conference with over 100 participants: “Water and Stone: The Power of Mindfulness for Social Change”
Internship fair, think tanks and academic support for Doctoral students and Barrett Honors student thesis

- People on Center contact listserv: **1,151**
- Facebook group members: **637** (up from 487 in Jan)

Internal collaborations with ASU departments and programs:

- Piloted a new workshop in December: Inner Knowing, Outer Expression
- Co-Hosted the Free Fun Fitness Fusion for Finals Event with the Center for Health Promotion and Disease Prevention and the Center for Applied Behavioral Health Policy during Finals Week
- First annual Self-Care Fair at ASU-Thunderbird
- A three-hour mindfulness skills workshop was presented to the SoLS
- Center conducted a 3-hour mindfulness training workshop to Walter Cronkite School
- This September, Center has been working to support a student initiative to bring mindfulness classes to the Hillel Jewish Student center.
- Center held our third annual Mindfulness in the Park on Sept. 12, a free event that is open to the public. Students, faculty, staff, and community members shared an evening of meditation, yoga, tai chi, mindful art, rei ki, and a guest appearance from Oso the therapy dog!

- The Center for Mindfulness is working with Sun Devil Athletics this year on mindfulness programming. Program Manager, Tiara Cash, kicked things off this semester with the EmpowHER engage meeting on September 3rd where 28 female student athletes gathered to begin talking about subjects important to their lives as athletes and women. The meeting concluded with small gifts of mindful affirmations and reminders to be in the moment. Center also worked...
with Student Athlete Advisory Committee (SAAC) and Women’s basketball this semester, sharing mindful practices and resources centered on mindfulness education.
  o Center is collaborating with ASU Wellness to create Digi-Boards with messages focused on well-being and marketing collateral for display in the Carson Athlete Center in 2020

• Center student volunteer tabled at Spa Night at the SDFC for stress-relief during Finals Week, Spring19.

• The third annual Sun Devils Rising: A Celebration of Community, Academic Success, and Resilience event was held on May 5th. This event is a collaboration with Center for Mindfulness, Recovery Rising, and the Sexual Violence Prevention team. Often students in recovery from addiction suffer from trauma, and those who suffer from trauma are more susceptible to substance abuse. This special interest group graduation ceremony is a merging of three ASU departments intended to celebrate students’ resilience in the face of adversity and trauma.

• **Puppies in the Park**, a signature Center event under our Sustainability Initiative, was held in conjunction with the Humane Society in March and December. This event was featured in ASU Now.

• Obesity Solutions: Co-funded video project with Obesity Solutions at ASU project is complete. “Mindful Eating” and “9 types of hunger” videos, as well as related print materials, are complete and have been distributed on social media and throughout campus for National Eating Disorders Awareness week.

• Center has been invited to present and co-create programs with graduate students who will be spreading mindfulness throughout their departments.

• Sun Devils Adapt is an initiative led by the Sun Devil Fitness Complex that aims to provide resources and opportunities to adaptive athletes. Center is contracted to provide mindfulness training sessions to the Sun Devils Adapt trainers so that they may go on to weave mindfulness into their training sessions with adaptive athletes

• Internship program at Center: Providing CONHI, School of Social Transformation, and Barrett internship opportunities. Three undergraduate students (one Thunderbird and 2 integrative health) are accepted as interns for the Spring semester.
Musical Meditation: a Mantra for Survivors: Trauma-sensitive mantra created and set to music through a CounterAct SEED grant and debuted at the ASU Sexual Violence Prevention Symposium in January. This mantra includes "safe" words to ensure it is trauma responsive and an outside musical band will then put the words to music, creating a mantra with a melody. The intended outcome of is to create a mindfulness practice that can be accessed easily by survivors to help encourage and bring them back to the present and ultimately assist in their process of healing by creating a real and tangible practice of meditation.

Academic Support for Students:

- The first Mindfulness Research “The Doctors Edition” gathering was held in January to promote collaboration and support to graduate students whose dissertations are in progress. This group has evolved into the Early Career Mindfulness Council (ECMC) that holds weekly writing workshops online and F2F in an effort to create accountability and support one another through the skills-based practice of mindfulness and compassion.

- Acting as a Preceptorship site for a public health student from University of Wisconsin SP19

- Preceptorship support: Center intern, graduated Summa Cum Laude with a B.S. in Integrative Health and a minor in Dance.

- Three mindfulness sessions scheduled in the spring semester for SST498 Justice and Praxis 19-week LSAT Prep for American Indian Studies (as a pathway to law school and a legal career for high stake, high stress, underrepresented undergraduates).

Center staff have been on the following committees:

- Edson College of Nursing and Health Innovation student, successfully defended her dissertation, “Effects of a Tai Chi/Qigong Intervention on Body Composition, Sleep Quality, and Emotional Eating in Midlife and Older Women”

• Hugh Downs School of Human Communication student, successfully defended her dissertation on "Mindful Dis/engagement: Extending the Constitutive View of Organizational Paradox by Exploring Leaders' Mindfulness, Discursive Consciousness, and More-Than Responses."

• Barrett Honors Student successfully defended her thesis “Mindfulness, Self-Compassion, Resilience and Well-Being in College Students” in March.

**Academic Support for Faculty/Staff and Center Affiliates:**

• ASU Students, Faculty/Staff and Center Affiliates have been scouted and recruited to engage as 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.

**External**

• Mayo Clinic Selective: Center led a 20-hour mindfulness Selective for 1st year Mayo medical students for the second year in a row in Nov.

• The Solid Waste Association of North America (SWANA) invited Center to host our Mindfulness Leadership certificate program at their annual conference, Wastecon. SWANA leaders from across the US participated in this day-long workshop.

• Center is working with Mirabella at ASU to co-create mindfulness initiatives in their newly forming community.

• Center staff hosted the signature Mindfulness Leadership Certificate workshop for 75 university staff and community members by invitation from the Pruitt Center for Mindfulness and Well-Being at the University of Wisconsin – Superior

• Center partnered with First Place Phoenix (a new housing for adults with autism and other special abilities) to host our Mindfulness Leadership Certificate course in their residence hall in April

• Center’s Second Annual Conference was held Feb 28-March 1: “Water and Stone: The Power of Mindfulness for Social Change”, which focused on social justice and transformation. Dr. Kamillah Majied and Rhonda Magee were keynote speakers. The Center for Mindfulness, Compassion, & Resilience completed its second annual conference February 28th – March 1st. This conference explored the intersections between mindfulness and social transformation through workshops, art, and keynotes geared toward intentionality, courage, and facing the unknown. Participants were able to discuss feelings of discomfort while exploring their edges in their own lives, work life, and the community. Dr. Kamillah Majied set the tone on Thursday with meditating on the identities that we all can identify with in oppressed societies, while Rhonda Magee brought it home on Friday discussing our true intentions for the work that needs to be done to create societal change rooted in love and bravery. Center is thankful to all presenters, practitioners, performers, collaborators, and vendors who helped make this year’s conference a success.
“Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.” — Lao Tzu

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.
  o Equitable Mindfulness and Leadership in Creativity.
  o The 2020 Collective workshop took place in March.

• Open Door: hosted “Mindfulness through the Senses” exhibit

• Interfaith Harmony Week: hosted a meditation session in the Tempe SDFC to support the efforts of this week-long event.

• Collaboration with the “Yoga and Jazz Experience” (a monthly community art project in the Civic Space park) through Dirty Yoga’s Neighborhood Arts Grant awarded by the City of Phoenix: Office of Arts and Culture

Koru Mindfulness Initiative

• Koru Instructors (who continue to engage with Center) report 31 completed 4-week courses for a total of 684 participants

• The second Koru Mindfulness training has been completed, with a cohort of 30+ new teachers. Center was noted in Mindfulness magazine as the site sponsor. Attendees traveled from:
  Arizona State University
  Berea College, Kentucky
  Brock University, Toronto, CA
  Cal Sate Monterey Bay
  Denison University
  Duluth, MN
  Durango, CO
  Georgia Tech University, Atlanta, GA
  Home of the Innocents, Louisville, KY
Four ASU Staff are now fully certified Koru Teachers

Upcoming Events

- Mindfulness Leadership Certificate planned for the Spring with:
  - Skyline High School
  - City of Flagstaff

- Center hired two Research Associates to work on data collection and analysis
  1. Edson CONHI on ASU 101 courses: implementing mindfulness into the curriculum to support student development.
  2. ASU Wellness American College Health Association – National College Health Assessment (ACHA-NCHA) data to establish students trends as related to mindfulness to further support student mental health, both F2F and online.

Staff Development

Accomplishments

- Jackie Speer is Center’s Administrative Associate!
  Jackie Speer, Administrative Associate, comes to us with a background in administration and public service. She gained her experience while working for the Police Department as a 911 Dispatcher and in Administration working for both the private and public sectors. She holds a Bachelor’s degree in Public Agency Administration from Northern Arizona University. Jackie personally practiced mindfulness, caring and compassion while raising her three boys. She naturally incorporated these concepts into her working life when she was a 911 dispatcher. Jackie now focuses on what mindfulness is and makes it a daily practice in her life. She is an avid reader, practices yoga and meditation and is very excited to join the ASU Center for Mindfulness team!
• Hanna Layton, Center’s Student Outreach Coordinator, graduated with her Bachelor’s degree in Sustainability. Hanna will continue working at Center as a Management Intern as she completes her 4+1 Master’s Degree. She completed a semester-long internship at Center, where she brought the practice of sustainability to the office as well as to the programming efforts (for example, a popular mindful present-making workshop with recycled goods).

• Edson College of Nursing and Health Innovation PhD students worked as Center’s Research Associates this summer.

Upcoming Events

• Koru: Mindfulness for Emerging Adults– all participating faculty, students and staff are tasked with scaling Koru mindfulness in their settings

Communications

Accomplishments

• Teri Pipe is the unanimous awardee of the Distinguished Alumni Award from the University of Iowa College of Nursing for 2019 – 2020

• Student at Pat Tillman Veterans Center at ASU, spoke about mindfulness on Veteran Diaries on KASC 1330AM.

• Collaborative Marketing Efforts
  o Center will be working with the Cronkite Digital Marketing Strategies class in order to enhance our social media and marketing presence.
  o Presentation slide for Devils 4 Devils university-wide deck of resources
  o Presentation slides for mindfulness tips in Carson Athletics Digiboards
  o Working with EdPlus on marketing for Health and Well-Being modules
  o Working with Patterson Sports Ventures on podcasts and outreach

• Presentations to:
  o ASU’s HEALab annual conference “Hacking the Human: Advancements in Health Wellness and Longevity” on Dec. 6
  o Podcast for the HEALab annual conference
  o Maggie’s Place on Dec. 9
  o Launching Leaders Program at ASU on Nov. 22
  o Keynote at Wastecon, the annual Solid Waste Association of North America (SWANA) conference in Oct
  o Health and Resilience for Healthcare Leaders, Washington Hospital Association, Seattle, WA October 9
  o Women Leaders in College Sports on Oct 14
Transform Conference Roundtable at Mayo Clinic in MN in Sept
Phoenix Children's Hospital "Introduction of Healthcare Workforce Resiliency for Physician Leadership Academy in Sept
Cronkite Faculty Fall Retreat in August
ASU 101 sections involved in Health Innovation Projects Sept. 16 and 20
"10 Talks" podcasts for Life Training Academy released September 2019
Resilience for Health Leadership Forum September 23
Global Sports Institute
Resilience for Health Leadership Forum in September
ASU University Career Women
AzHHA Summer 2019
ASU Annual Staff meeting Summer 2019
Founding Mirabell residents at Skysong in May
Jewish Family and Children’s Services (JFCS) panel
Mayo Clinic Arizona Clinical Reviews in March
Mindfulness tools to LSAT pre-law students
ASU Staff in Washington, DC location
ASU Leadership Academy E&I
Keynote at the Arizona Counselor’s Association
Texas A&M, Distinguished Lecturer
ASU Fellows Forum, Office of University Initiatives
Arizona Bar Association, “The Mindful Lawyer”
Honor Health’s Seminar on Mindfulness and Resilience with Swami Sarvapriyananda
Featured in ASU CPE article “How Mindfulness Helps Manage Stress at Work”
on-air interview at AZ 3TV
“Mindfulness for Busy Students” to Trio students
“Mindfulness Introduction” to LSAT pre-law students
Wisdom 2.0: Mindfulness in America conference in NYC as a Community Sponsor
Presented to the American Public Health Association (APHA) conference in November for a poster presentation - “Equitable Mindfulness for social change: A mixed methods study”
Well-Being Summit in March and Research Scholar’s Day
School of Sustainability leadership
WP Carey Advisors Retreat
Annual University Senate Leadership Retreat
Spark the Park: City of Phoenix Parks and Rec Downtown Division Retreat
Fulton Engineering Student Advisors
Academic Advisors Board (AAB)
Keynote at the Tucson Medical Center Survive Well: Living with Cancer Symposium – ASU as the Title Sponsor (one free “Water and Stone” conference ticket donated to their conference raffle winner)
Workshop to Trio pro-staff
North American Association for the Sociology of Sport (NASSS) in Virginia Beach conference – “Athlete Narratives and Intersectionality: Stories of Activism for Bridging Communities” under the #ReclaimingMyTime: Reclaiming Sport Narratives II section
Hosted two Compassion Fatigue workshops
Hosted two Equitable Mindfulness crafting sessions
Several mindfulness sessions with ASU Athletes Women’s Basketball team and the Student Athlete Advisory Committee (SAAC)
Future for Kids
Sport & Society Conference; Toronto, Canada; Ryerson University- Athlete Activism and Intersectionality. This presentation focused on the importance of narratives of underrepresented athletes and athlete perspectives in conversations surrounding athlete experiences, specifically those around athlete marginalization and inequities in sport.

“Trauma Informed Survivor Mantra” poster at ASU’s annual Sexual Violence Prevention Symposium

“Stress-Free Living” webinar for the Healthy Arizona Worksites program

Narratives and Intersectionality: Stories of Activism for Bridging Communities to the 2019 North American Society for the Sociology of Sport conference in November

Blog “The Crowned Series” for her Koru Mindfulness online course

“Compassion-Based Resilience” at ASU’s annual Sexual Violence Prevention Symposium

“Mindfulness, Compassion and Resilience” at Cholla Library

Compassion Fatigue half-day retreat on April 13th. The goal was to engage service-oriented students who might be suffering from compassion fatigue with mindfulness practices that could help their own self-care.

Journal articles:

- Paper accepted for the National Hispanic Science Network conference presented this October in New Orleans.
- Published an article for Recovery Campus Magazine:
- Presented at:
  - American College Health Association (ACHA) “Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles.”
  - Building Healthier Academic Communities (BHAC) in Ohio “Towards a greater understanding of Collegiate Recovery Programs: Understanding Student Needs and Employee Roles.”
    - Presented a mindfulness workshop for high school students at Bloom 365

Center featured in:
- “Mindfulness: Put your heart into it”
- “Conference to explore the power of mindfulness for social change”
- Kindness Can be a Cure-All in ASU Now
- Was featured in College Life Skills, Exploring Mindfulness: College Highlight in Mothers Awareness on School-Age Kids (MASK) magazine (page 76)
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.

**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.

**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.

**Early Career Mindfulness Council (ECMC)** was founded in Spring 2019 as a subcommittee within Arizona State University’s Center for Mindfulness, Compassion and Resilience. 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.

ECMC hosts video conferencing writing/working groups that start with goal/intention setting, then a short meditation followed by 1.5 hours of working in silence, and ends with a group debrief and another short meditation with a focus in self-compassion and gratitude. During summer 2019, 11 people participated in these writing/working groups for a total of over 90 attendances. Participants joined from:

- New York
- California
- Maine
- New Mexico
- Texas
- Washington
- Arizona

ECMC also hosts gatherings in Phoenix, AZ with live videos chats available. During these gathers, members are encouraged to network, form collaborations, share mindfulness practices, and enjoy the company of other mindful scholars.

The ECMC has a call for proposals from early career professionals for Center’s annual conference.

- In the 2019-2020 academic year, ECMC introduced a workshop series (in-person & web-based) on popular topics for early career scholars. Such topics include research methods and design (qual, quant, and mixed methods), time and energy management, mindfulness 101 (science & practice), academic writing, mentorship, software program trainings (SPSS, MPlus, NVivo, Atlas ti, and EndNote), and many more.
- The ECMC hosted a Zotero Webinar in December 2019 and in January 2020 the ECMC will host a Webinar on grant writing for early career academics.