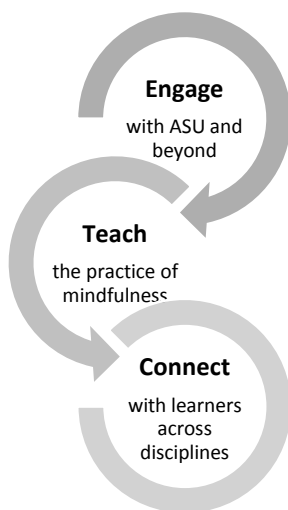


Center for Mindfulness, Compassion and Resilience at ASU serves as a convening vehicle for students, faculty, staff and community members to learn about mindfulness initiatives. Center connects global researchers, scholars, teachers, practitioners, learners and the community around the concepts of mindfulness, compassion and well-being.



The benefits of mindfulness are well-studied. Mindfulness has been linked to enhanced time management skills (Kabat-Zinn, 1990); increased self-efficacy (Bohecker, & Doughty Horn, 2016; Pipe et al., 2009); lowered stress (Chang et al., 2004); decreased “burnout,” or work fatigue (Lawrence, 2002); increased compassion toward self and others (Pipe and Bortz, 2009; Pipe et al., 2016); lessened anxiety (Hall, 2009); lessened depression (Alexander, et al., 2012; Kabat-Zinn, 1990); and increased resilience (Doucette et al., 2016; FitzPatrick et al., 2016; Pipe, et al., 2012, Pipe, et al., 2016).

Led by Dean Teri Pipe, ASU’s Chief Well-Being Officer and Nika Gueci, Executive Director, the ASU Center for Mindfulness, Compassion and Resilience offers services to government organizations, corporations and community groups. These services are consistent with ASU’s Design Aspirations.

Signature Mindfulness Workshop or Speaker Series: designed specifically for professionals within a work environment, Center hosts a series of tailored, interdisciplinary, and evidence-based mindfulness sessions that are grounded in Dr. Jon Kabat-Zinn’s research-proven method of Mindfulness Based Stress Reduction (MBSR). Employees can attend the workshops on a one-time basis or as an entire series.

Session topics include:

- | | | |
|--------------------------------------|----------------------------------|-------------------------------|
| Mindfulness and self-sustainability | Mindfulness for innovation | Compassion to self and others |
| Yoga and gentle stretching exercises | Setting intentions and gratitude | Mindfulness as a skillset |
| Awareness and meditation | Mindful eating | Non-judgement |
| Physical aspects of stress | Regulation of emotions | Leadership development |



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