



Enriching Mindfulness:

Providing Mindfulness Resources to Students During Exam Preparation and Stressful Campus Environments

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Introduction

Stress and Anxiety During Exam Season

- Exam season is a time when college students experience elevated levels of stress and anxiety, negatively affecting focus, academic performance, and overall well-being ^{2,3}

Targeting High-Stress Moments

- Heightened stress levels peak in specific moments: right before exams or long study sessions, making it essential to offer support ^{1,6}

Mindfulness as a Practical Solution

- Deep breathing, grounding, and progressive muscle relaxation have been shown to ease anxiety and enhance mental clarity in stressful situations ^{4,5}

Purpose

- Educate students** on how to apply mindfulness techniques during stress-inducing situations
- Share methods for designing and distributing mindfulness guides** like flyers and posters offering practical self-care tools
- Highlight The UT Student Health Advisory Committee (SHAC)**, specifically the **Health Initiatives and Projects (HIP)** subcommittee in developing and implementing mindfulness resources as part of its missions to support student health at UT Austin. By working with University Health Services, **HIP implements evidence-based initiatives that address student concerns on campus**
- Empower UT Austin's student body** with accessible, research-based strategies to promote mental well-being in stressful environments

Methods

Collaborated with UT's Mindfulness Coordinator, James Butler, to identify key practices for high-stress student environments

Determined seven high-stress campus locations for optimal resource placement

Coordinated with building managers to approve poster placement before finalizing posters

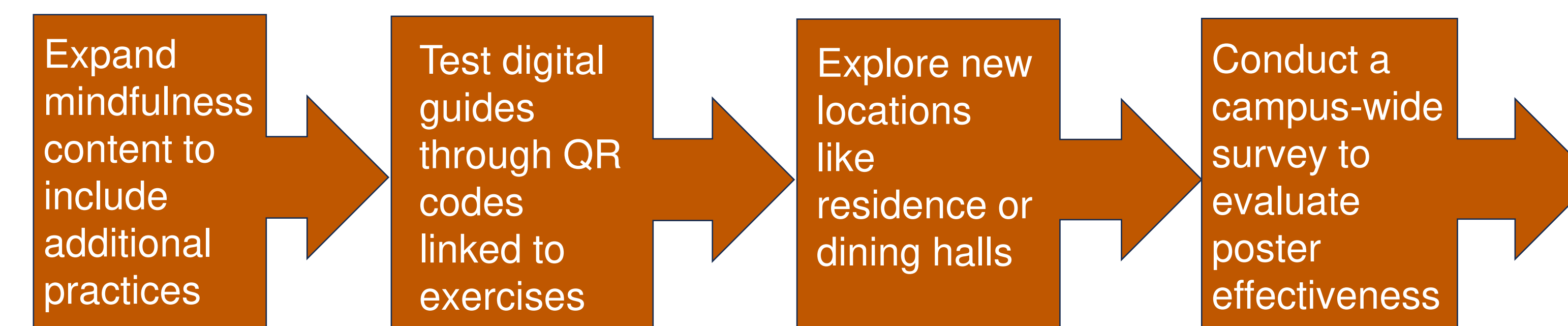
Installed posters across campus ahead of finals to support student well-being

Figures



Conclusion

- These mindfulness posters highlight three essential techniques: **deep breathing** (4 second inhale and 8 second exhale), **grounding exercises** for focus, and targeted **muscle relaxation** to manage stress in high-pressure environments
- High-stress areas were selected based on areas of **high student traffic** during exam season and pre-exam gathering spaces (libraries, lecture halls)
- Mindfulness guides were crafted using a **simple, uncluttered layout** with large fonts and clear headings, concise **one-step instructions** for ease of recall, and a **visually soothing color palette** with soft blues and greens to enhance relaxation
- Overall, using these techniques to craft and display mindfulness resources can empower students to better manage stress and improve wellbeing during high-stress academic situations



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