



MINDFULNESS
education exchange

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Mindfulness and Student Stress

Students who receive basic mindfulness training have:

- “reductions in test anxiety” (Napoli et al., 2005)
- “reduced worry and mental distress” (Bootzin and Stevens, 2005)
- “decreased state and trait anxiety” (Beauchemin et al., 2008)
- “statistically significant reductions in self-reported anxiety, depression, somatization, perceived stress, obsessive symptoms, and interpersonal problems” (Biegel et al., 2009)
- “reductions in self-reported negative affect, tiredness, aches and pains, and increases in emotion regulation, feelings of calmness, relaxation, and self-acceptance” (Broderick and Metz, 2009)
- an “enhanced experience of well being, relaxation, and improved sleep” (Wall, 2005)