**Mindful University Project – 2022-2023 Year in Review**

**Koru Mindfulness**

* Koru Mindfulness: **10 Koru Mindfulness teachers** are on staff currently.
  + *Koru Basic* – We offered **twenty-two** 4-week sessions. Approximately 5-24 registered for each session.
  + *Fall Relax & Renew Retreat* – Held at the Spurrier Dance Studio. 42 attendees.
  + *Spring Relax & Renew Retreat* – Held at Spurrier Dance Studio. 46 attendees.
  + *New Koru Offerings*:
    - Stay Woke & Meditate for POC
    - OutBreath for LGBTQ+ Folks
    - Mindful Men of Color
    - Peaceful Warriors (for Women of Color)
* **Post-Program Results** (Immediately following the class)
  + 96.43% of participants reported that they developed skills to manage their stress
  + 100% of participants reported that they are more motivated to practice meditation
  + 92.6% of participants stated that they intend to continue their meditation practice over the next 6 weeks
  + Personal highlights:
    - “The sense of community. For me as an individual, it's hard for me to stick to something. I was encourage to come back each week so that I could learn and grow with the group. Additionally, I love that this is something I can do while at my place of work. Trying to schedule something like this off-campus is a challenge for me at this time.”
    - “Having the opportunity to feel a sense of community and meeting other people who wanted to learn about mindfulness. It was nice to know that I was not alone in struggling to be mindful and manage everyday stressors.”
    - “The variety of techniques taught was very valuable. Also the focus on the need to practice and that it is mastered overnight was a helpful reminder”
    - “I loved the variety of the course content for different types of meditation and appreciated the app because it motivated me to continue my practice in and outside the course.”
    - “I enjoyed the supportive and accepting environment and the chance to take a healthier and more holistic look at life.”
    - “Having to reflect on individual thoughts about compassion, because I am most critical to myself.”

**Educational Presentations**

* Educational presentations on various topics related to mindful living. A total of **23 workshops** were offered with approximately **355 participants** total.
  + Provided education to multiple departments and student groups across campus including the URMC Department of Orthopedics, Residential Life Advisors, First-Generation Students, Graduate Housing Advisors, Alumni and Faculty Network, LEAP Program participants, Graduate Student Appreciation Week, Students for a Democratic Society, Student Association of Vegan and Vegetarian Youth, the Interfaith Chapel, Hillel, UR Advancement, and more.

**Programs:**

* **Flourish Festival:**
  + Each Spring, the Health Promotion holds their Flourish Festival, a full-day event for all students! At this day-long event, students are offered with various opportunities to engage in wellness activities from taking a yoga class, engaging in mindfulness meditation practices (such as mindful eating and walking!), getting a mental health screening, petting some therapy dogs, meeting various wellness-related resources on campus, and more!
* **Purposeful Pauses:** Weekly mindfulness sessions offered by our Student Advisory Committee members, often accompanied with rich discussions in collaboration with other student groups on campus Student Association of Vegan and Vegetarian Youth, the Interfaith Chapel, and Hillel.
* **PositiviTEA Breaks:** The Mindful University Project offered 15-minute breaks during the Spring semester to invite the UR community to take a mindful moment to acknowledge what one’s grateful for and to recenter one’s energy. We had 18-20 attendees per session.

**Student-Led Meditations**

* **34 Student Mindfulness Facilitators** were trained.
* **In-person mindfulness sessions** were offered weekly throughout the academic year, led by Student Mindfulness Facilitators, in collaboration with various student groups on campus.

**Partnerships**

* Rush Rhees Library
  + Partnered with Rush Rhee’s librarians to curate a [**“Wellness & Mental Health” Collection Highlight**](https://libguides.lib.rochester.edu/wellness)during the Flourish Festival, Spring 2023.
* Goergen Athletic Center
  + Held a **weekly yoga class** both semesters in the Spurrier Dance Studio and Goergen Athletic Center.
* Graduate Student Wellness Committee
  + Held mindfulness sessions and yoga classes to graduate students.
* Medallion Program
  + Collaborated with the Medallion team to offer our Student Mindfulness Facilitator training as a Medallion Program.

**Social Media Presence:**

Grew a **social media** presence via Instagram to **2,290 followers**, a 9.4% increase since May of 2022. (@URMindfulUniversityProject)

* 42.9% of our followers are in the 18 – 24 year old demographic
* 27.7% are in the 25-34 year old demographic
* 73.3% of our followers are female and 26.6% are male

**Other Notable Accomplishments:**

* Received **additional funding** from our donor to continue as well as expand our offerings.
* Trained **34** Student Mindfulness Facilitators.