



# Mindfulness Coaching at Student Health



*For OHSU students and postdoctoral scholars only  
Sessions now available virtually!*

Stressed?

Want to relax and be able to focus?

Curious about mindfulness and how it can help?

What?

Student Health is offering **free 1-on-1 mindfulness coaching sessions** to help you explore, develop and/or maintain a mindfulness practice. Tools can include meditation, gentle movement, qi gong, breathwork, compassionate communication, and bringing mindfulness into daily activities. Sessions are tailored to your interests and goals.

Why?

Ample research has shown that regular mindfulness practice is associated with **reducing stress, anxiety and depression**. Some studies also find improvements in **sleep, test scores, and self-efficacy**. (See details on back)

When?

45-50 minute appointments are currently available Monday-Friday, typically between 9am-5pm (up to 7pm on some days). In the first session, you can discuss your goals and background with mindfulness, and begin initial practice. Additional sessions (up to 8) can be scheduled based on your needs and interests, and availability.

How?

Call 503-494-8665, **Option 1** to schedule. Or, if you have any questions, email [caije@ohsu.edu](mailto:caije@ohsu.edu) for more information.

With whom?

Appointments are with Student Health's Wellness Coordinator, Jen Cai. Jen has a Master's in Public Health from the OHSU-PSU School of Public Health and is a Certified Health Education Specialist, certified qi gong instructor, and certified health coach. She has taught mindfulness at Portland State University and through Peace in Schools, a non-profit dedicated to bringing mindfulness to youth and educators, as well as in many other settings. She has experienced tremendous benefit from her personal mindfulness practice and is passionate about sharing mindfulness tools with OHSU students and postdocs.

\*Please note that mindfulness coaching is different than counseling. Jen is trained as a health educator and mindfulness instructor, and is not a licensed counselor. If you need help with mental health concerns, please call us at 503-494-8665 to schedule an appointment with a therapist.

## What does the research say about mindfulness?

- Mindfulness training for health professions students is consistently associated with **decreasing stress, anxiety, and depression while improving mindfulness, mood, self-efficacy and empathy**, based on a systematic review of 19 studies with a total of 1815 participants (McConville et al., 2017).
- The trait of being mindful is **associated with improved performance on high-stakes testing by reducing cognitive test anxiety** (Bellinger, DeCaro & Ralston, 2015).
- Even compared to a control group receiving physical education training, an 8-week mindfulness training led to **significantly higher reductions in stress** in university students (Gallego, Aguilar-Parra, Cangas, Langer & Mañas, 2014).
- In addition to improvements in depression and anxiety scores, a 6-week mindfulness intervention was also associated with **significant improvements in sleep quality and life satisfaction**, according to a randomized control trial of 109 first-year undergraduate students (Dvořáková et al., 2017).

Bellinger, D. B., DeCaro, M. S., & Ralston, P. A. (2015). Mindfulness, anxiety, and high-stakes mathematics performance in the laboratory and classroom. *Consciousness and Cognition*, 37, 123-132.

Dvořáková, K., Kishida, M., Li, J., Elavsky, S., Broderick, P. C., Agrusti, M. R., & Greenberg, M. T. (2017). Promoting healthy transition to college through mindfulness training with first-year college students: Pilot randomized controlled trial. *Journal of American College Health*, 65(4), 259-267.

Gallego, J., Aguilar-Parra, J. M., Cangas, A. J., Langer, Á. I., & Mañas, I. (2014). Effect of a mindfulness program on stress, anxiety and depression in university students. *The Spanish journal of psychology*, 17.

McConville, J., McAleer, R., & Hahne, A. (2017). Mindfulness training for health profession students—the effect of mindfulness training on psychological well-being, learning and clinical performance of health professional students: a systematic review of randomized and non-randomized controlled trials. *Explore: The Journal of Science and Healing*, 13(1), 26-45.

