



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module – Empathy and resilience

Method – Meditation and mindfulness

Case study

Module 6 - Empathy & Resilience

Case study - Calming the Mind: Mindfulness for Stress Management

Related Method - Meditation & Mindfulness

Context and Background

Organisation: An adult learning centre running employability and personal development programmes.

Target Group: Adults aged 25–55, mixed gender, including unemployed jobseekers, employees facing burnout, and migrants adapting to new environments.

Scope: The programme aimed to equip participants with practical tools for managing stress, increasing resilience, and improving emotional well-being.

Problem / Challenge Presented

Participants reported high stress levels due to unemployment, unstable work conditions, and integration challenges. Many struggled with anxiety before job interviews or workplace evaluations. Learners often lacked coping strategies to manage emotions, which affected their performance and self-confidence.

Actions Taken / Method Applied

The centre integrated Meditation & Mindfulness sessions into its curriculum. Key actions included:

- Weekly guided breathing exercises and body scan meditations.
- The Everyday Mindfulness Challenge, where learners practised awareness during daily activities (walking, eating, commuting).
- Reflection journals where participants recorded emotional changes and insights.
- Group discussions on how mindfulness could be applied in professional and personal contexts.

Outcomes and Results

Participants reported feeling calmer and more focused after sessions, with reduced levels of anxiety and stress.

Learners described increased ability to regulate emotions during daily challenges, such as workplace pressure or family responsibilities.

Several participants highlighted that short, repeated mindfulness practices were easier to sustain and more effective than long sessions.

Group reflections showed that mindfulness not only reduced stress but also encouraged empathy and patience in interactions with others.



Lessons Learned

Short, simple practices (2–5 minutes) are highly effective, especially for beginners.

Mindfulness is most powerful when linked to real-life contexts (e.g., preparing for interviews, handling conflict).

Reflection (through journaling or discussion) is essential for learners to connect the practice with their own resilience strategies.

Key Success Factors

Safe, supportive group environment where participants felt comfortable practising together.

Facilitator modelling calmness and consistency.

Gradual progression from basic breathing to more complex mindfulness practices.

Flexibility: participants could adapt practices to personal routines and cultural preferences.

Challenges Encountered and How They Were Addressed

Some learners doubted the effectiveness of mindfulness. Facilitators began with very short practices and shared scientific evidence of benefits.

Participants unaccustomed to meditation felt restless. Facilitators used soft music and step-by-step instructions to ease them in.

To fit into busy lives, practices were shortened and adapted for daily use (e.g., mindful commuting, 2-minute breathing).

Applicability / Recommendations for Educators

Start with short, guided practices before moving into longer sessions.

Encourage learners to link mindfulness to specific stressors in their lives (e.g., interviews, deadlines).

Provide reflection tools (journals, debriefing questions) to help participants internalise lessons.

Adapt culturally—use neutral, inclusive language to ensure comfort across diverse groups.

Emphasise continuity: encourage learners to practise daily, even for a few minutes.