

EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module – Empathy and Resilience

Method - Mindfulness for Stress Management

Case study

Module 6 - Empathy & Resilience

Case study - Finding Calm in Chaos: Mindfulness for Jobseekers

Related Method -Mindfulness for Stress Management

Context and Background

Organisation: An employment support NGO in Western Europe that provides skills training and coaching for adults preparing to re-enter the labour market.

Target Group: Adults aged 25–45, mixed gender, including unemployed individuals, long-term jobseekers, and migrants facing additional integration stress.

Scope: The programme aimed to reduce stress and anxiety among jobseekers, helping them improve emotional resilience and confidence during the job search process.

Problem / Challenge Presented

Many participants experienced high anxiety during interviews, workshops, and application tasks, reporting physical symptoms (e.g., sweating, rapid heartbeat, tense muscles). Stress frequently undermined their performance and self-confidence, leading to a cycle of rejection and frustration. Trainers recognised a need for practical stress management techniques.

Actions Taken / Method Applied

The NGO integrated ***Mindfulness for Stress Management*** into its employability training.

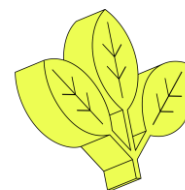
- Weekly body scan meditations taught learners how to notice and release tension.
- Five Senses Awareness Walks were introduced in nearby parks to practise grounding in the present.
- Participants used reflection journals to track stress patterns and progress.
- Facilitated discussions helped learners connect mindfulness to real challenges, such as job interviews or dealing with uncertainty.

Outcomes and Results

- Learners reported reduced anxiety before interviews and training sessions.
- Participants developed greater self-awareness of stress triggers and physical signals.
- Several learners shared that using breathing and grounding techniques helped them perform more confidently in interviews.
- Some participants successfully secured employment, attributing their improved performance to mindfulness practice.

Lessons Learned

- Short, simple practices (5–10 minutes) are more effective for stressed learners than long sessions.



EARTHE

- Connecting mindfulness directly to real-life stressors (e.g., job interviews) increases motivation and relevance.
- Reflection tools (journals, group sharing) reinforce learning and provide accountability.

Key Success Factors

- A safe and supportive group environment created by facilitators.
- Linking mindfulness to practical, work-related applications.
- Consistent weekly practice combined with reflection and feedback.

Challenges Encountered and How They Were Addressed

- Some learners doubted mindfulness. Facilitators introduced very short practices first to demonstrate quick benefits.
- Several participants struggled to sit still. Walking mindfulness was offered as an alternative.
- For some learners, journaling was difficult; facilitators encouraged drawing or recording voice notes instead.

Applicability / Recommendations for Educators

- Start with short guided practices and gradually extend them.
- Always link mindfulness to learners' real-life contexts (work, family, community).
- Offer diverse formats (sitting, walking, journaling, drawing, audio) to make practices inclusive.
- Emphasise consistency: even a few minutes daily can strengthen resilience and stress management over time.