



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module – Empathy and Resilience

Method - Mindfulness for Stress Management



Module 6 – Empathy & Resilience

Method 6 – Mindfulness for Stress Management

Soft skill focus

This method develops stress management, emotional self-regulation, and resilience by teaching learners mindfulness techniques. By focusing on the present moment, learners reduce anxiety, increase focus, and build sustainable coping strategies.

Learning outcomes

- Define mindfulness and explain its role in stress reduction.
- Practise short mindfulness techniques (breathing, body scans, mindful observation).
- Apply mindfulness strategies during stressful situations in daily life.
- Reflect on how mindfulness supports resilience and empathy.

Target group

Age: Adults 20–60

Gender: Mixed

Level of studies: Secondary education and above (adaptable for low-literacy groups with simplified instructions)

Status: Employed, unemployed, or job-seeking

Fewer opportunities: Particularly suitable for adults under stress, migrants adapting to new contexts, or those experiencing anxiety, burnout, or lack of coping strategies.

Stress is one of the most common barriers to resilience and empathy. Mindfulness offers simple, evidence-based techniques that learners can practise anywhere, empowering them to stay calm and balanced in challenging situations.

Method description

“Mindfulness for Stress Management” introduces participants to present-moment awareness practices such as mindful breathing, body scanning, and observation exercises. By anchoring attention and regulating emotions, learners enhance resilience and improve interpersonal interactions.

Implementation instructions

Timeline: 60–75 minutes per session

Number of participants: 8–20 (group), but adaptable for individual use

Necessary materials: Comfortable seating or mats, timer, optional background music, mindfulness scripts



Space: Quiet classroom or online session space with minimal distractions

Implementation in 5 steps

Step 1 – Introduction

Facilitator explains mindfulness in simple terms: *“It means paying attention, on purpose, to the present moment, without judgment.”* Learners are invited to share quick examples of when they usually feel stress (e.g., at work, before sleep, during arguments). This builds relevance and motivation for the activity.

Step 2 – Guided Practice

Facilitator leads a short mindfulness exercise such as mindful breathing or a body scan. Participants are guided to notice physical sensations, breath, or sounds in the room, and gently bring attention back whenever the mind wanders. The focus is on awareness, not performance.

Step 3 – Individual Reflection

After the practice, learners spend a few minutes journaling about what they noticed: *“How did my body feel? What emotions came up? Was it easy or difficult to focus?”* This step encourages deeper self-awareness and reinforces the connection between practice and personal experience.

Step 4 – Application to Daily Life

In small groups, learners brainstorm common stress situations (commuting, childcare, deadlines, interviews). They discuss how short mindfulness techniques (e.g., mindful breathing before a meeting, pausing before reacting) could help. Groups share one or two practical examples with the class.

Step 5 – Consolidation

Facilitator leads a final reflection circle where each learner shares one mindfulness practice they commit to trying in the coming week. The facilitator reinforces that mindfulness is a skill that improves with regular, short practice.

Practical tips

Tip 1: Keep practices short and accessible (2–5 minutes for beginners).

Tip 2: Encourage consistency over duration—a few minutes daily is better than long, irregular practice.

Tip 3: Use neutral, inclusive language to avoid associations with specific belief systems.

Debriefing questions

1. How did you feel before and after the mindfulness practice?
2. What situations in your daily life could benefit from mindfulness?
3. How might mindfulness make you more resilient in stressful environments?



Practical description sheet

Title: Mindfulness for Stress Management

Purpose: To help learners reduce stress and strengthen resilience through simple mindfulness practices.

Duration: 60–75 minutes

Format: Guided practice + journaling + group discussion

Core Steps:

1. **Introduction** – Define mindfulness & discuss stress triggers.
2. **Guided Practice** – Breathing or body scan exercise.
3. **Reflection** – Journaling on sensations and emotions.
4. **Application** – Group brainstorm of real-life uses.
5. **Consolidation** – Learners commit to a weekly practice.

Materials: Comfortable chairs/mats, timer, mindfulness script, journals/pens

Target Group: Adults 20–60 (employed, unemployed, jobseekers, migrants, adults under stress)

Learning Outcomes: Define mindfulness and its benefits, Practise short mindfulness exercises, Apply techniques to real-life stress situations, Build long-term habits for emotional balance

Key Benefits: Improves self-regulation, reduces anxiety, increases focus, strengthens resilience