



Mindfulness Practices for Students in Society

Erasmus+ funded project

Duration: 2021 - 2024

Webpage of the project:

<https://www.unica-network.eu/projects/mp4s-mindfulness-practices-for-students-in-society/>

Contact persons for this project:

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- Students declare to feel anxiety, depression, stress, fear of failure, fear of the others.
- Students' mental well-being has been affected by COVID-19 and lock-down.
- Climate change is affecting students' mental well-being, provoking what is called eco-anxiety.

These feelings can be avoided, by giving the students tools to address their feelings and help them reduce stress.





Support students to tackle their emotional difficulties

Fostering compassionate care of self, others and the planet

Promoting soft skills competencies

Accelerating the social and climate transition



MP4s partners meet physically for the first time in UniLaSalle, France, 17 – 18 March 2022

How?

With an open access set of resources for students, teachers and faculties, to allow mindful practices and training to be weaved into any course, supporting students' wellbeing and enabling them to act for and on behalf of the planet and others from a compassionate place.



How do we do that?

- First European survey to produce a mapping of students' main challenges and concerns
- SIT4PLANET tailorable syllabus

About SIT4PLANET tailorable syllabus:

It provides university stakeholders the possibility to embed, as much as desired and possible, mindfulness practices in any course and campus activities.



Partners of the project

