

Student Counselling Office (Zentrale Studienberatung)

Mindfulness and meditation

Mindfulness and meditation are effective methods for dealing with difficult thoughts and feelings, learning to wind down, and increasing concentration.

They are cognitive processes in which we concentrate on one thing (e.g. a specific activity, the breath, or our thoughts), while at the same time letting our thoughts come and go without hanging on to them or judging them. In this way we can interrupt our overthinking, gain distance and become calmer and more relaxed overall.

There are a range of different meditation methods, and these have developed significantly since they originated. This means that today there are various types of meditation, which are increasingly being used in treatment and prevention work for different symptoms, problems and situations.

Really being able to experience the impact of mindfulness and meditation requires a lot of practice. But every little experience that takes you in that direction can be very valuable! Try it out and see which type and which method suits you:

- **Information, recordings and exercises** (in German) from the Techniker health insurance company that you can download: <https://www.tk.de/tk/life-balance/aktiv-entspannen/meditation/36232>
- **Headspace**: an English-language mindfulness app. According to the *New York Times*, Andy Pudycombe, a former Buddhist monk, has brought meditation to the masses. More than one million people meditate with this app, and most academic studies on mindfulness and meditation have used it. The short animated clips, which outline the processes and how meditation works in a clear and humorous way, are particularly impressive and instructive. <https://www.headspace.com/>

*Adapted from *The Happiness Trap* (Russ Harris)*

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We're here to answer all of your questions about your studies – by email, by phone or in person. You can find up-to-date contact information and office hours at bit.ly/HAW-ZSB.

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