

Thriving, Not Just Surviving

Mindfulness, grounding, resilience, and building a practice that holds

What this workshop covers

- Workshops 1 and 2 covered the foundations and the common patterns that undermine them
- Workshop 3 is about building forward: mindfulness, grounding, the resilience toolkit, and how to put it all together into a practice that survives the demands of college life
- This workshop also addresses the full campus support ecosystem — knowing where to turn before you need it is one of the most important resilience skills
- The goal is not a perfect mental health practice. It is a consistent one — and one that grows with you.
- Four modules: mindfulness and grounding • the resilience toolkit • connection and meaning • knowing where to turn

Module 1

Mindfulness and grounding

Training attention to return home — again and again.



You can't stop the waves, but you can learn to surf.

— Jon Kabat-Zinn

Mindfulness is not the absence of stress. It is a different relationship to it.

What mindfulness is — and what it isn't

- Mindfulness is sustained, non-judgmental awareness of the present moment — thoughts, feelings, and sensations as they are
- It is not relaxation (though relaxation sometimes follows), not emptying the mind, and not a spiritual practice you have to believe in
- The mind will wander. That is not failure — it is the practice. Every return to the present moment is one repetition.
- For college students: mindfulness interrupts the anxiety spiral by returning attention to what is actually here, rather than the imagined future
- Even 3–5 minutes of daily practice produces measurable changes in stress reactivity over time

Practice

5-4-3-2-1 grounding — try it now

- 1 Notice 5 things you can SEE right now. Name them silently.
- 2 Notice 4 things you can TOUCH. Feel texture, temperature, weight.
- 3 Notice 3 things you can HEAR. Near sounds and far sounds.
- 4 Notice 2 things you can SMELL — or two things you like the smell of.
- 5 Notice 1 thing you can TASTE — or take a slow breath and notice the air.

60-90 seconds. The shift is usually perceptible. Pause the recording and practice.