



# The Anchor Toolkit

**A Classroom Mindfulness  
Resource for Securing Student  
Focus and Building Resiliency**

# INTRODUCTION



University of Colorado  
Colorado Springs



University of Colorado  
Boulder | Colorado Springs | Denver | Anschutz Medical Campus

# Purpose of the Anchor Toolkit

- The purpose of this toolkit is to provide a resource that instructors can use to help students focus their attention in the present moment and prepare them to learn course content.
- Meditation and journaling practices were chosen for this toolkit, because they are easy, quick, and effective mindfulness tools.
- Students can also use practices outside of the classroom to help them in other areas of their lives including studying, test taking, athletic performance, improved sleep, and emotional regulation.

# Benefits of Meditation

Meditation practices have been shown to increase learning concentration and focus, improve memory and attention span, enhance creativity, build physical and psychological resilience, enhance sleep, and reduce stress.

- [How Meditation Can Help You Focus | Columbia University School of Professional Studies](#)
- [Making Time for Mindfulness | Harvard Graduate School of Education](#)
- [The many benefits of meditation in the classroom \(theconversation.com\)](#)

# Benefits of Journaling

Journaling has been shown to reduce anxiety and stress, increase personal awareness, improve a sense of control over emotions and circumstances, practice gratitude and develop optimism.

- [The Power of Journaling for Well-being: A Path to Self-Discovery and Healing - DHW Blog \(dukehealth.org\)](#)
- [7 Health Benefits of Journaling and How to Do It Effectively \(businessinsider.com\)](#)

# How to Use This Toolkit

- The kit is divided into 12 modules that can be implemented at the beginning of any class.
- Module slides can be easily added to existing power point presentations.
- Each module should take about 5 minutes.
- Instructors are encouraged to participate in the exercises along with their class.
- Additional activities and resources can be used in class or given to students to do outside of class.

# Included in This Toolkit

- 12 individual modules that include:
  - A link to a 2–3-minute video with a meditation, breathing or grounding exercise. Videos have been chosen to provide short exercises to help focus students in the present moment. A variety of sources are used to provide several different voices and perspectives sharing mindfulness practices.
  - A journal prompt with an idea for students to take 2-3 minutes to write about. Journal prompts have been chosen to help students focus their thoughts on one topic, to quiet distracting thoughts and prepare for focused learning.

# Included in This Toolkit

- Links to feedback surveys for students and faculty.
  - Ideally, surveys should be completed at the mid-point and at the end of the course.
  - Data will be used to measure program success and make improvements.
- Video library that includes the videos in the modules as well as additional videos that can be used at instructor discretion.
- Additional activities and wellness resources.
- A list of research studies about the benefits of mindfulness practices for students.



# MODULES

# The Anchor Toolkit: **Module One**

- **2-3 minute meditation:**  
[Short Mindful Breathing Exercise \(youtube.com\)](#)  
Vanderbilt University
- **Journal prompt:** What are five things that make you smile and why?



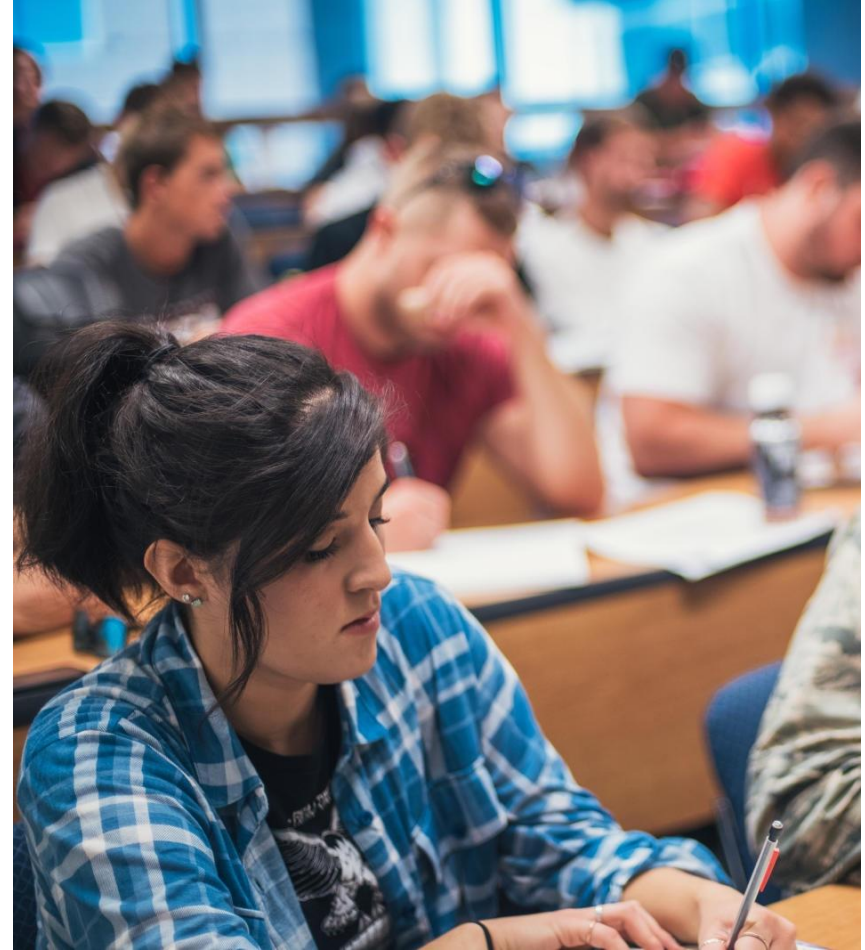
# The Anchor Toolkit: **Module Two**



- **2-3 minute meditation:**  
[2 Minute Body Scan \(youtube.com\)](https://www.youtube.com/watch?v=...) Mindfulness Meditation
- **Journal prompt:** What are 3 things you do really well?

# The Anchor Toolkit: **Module Three**

- **2-3 minute meditation:**  
[Grounding Exercise for Racing Minds: Calming Meditation with Dora Kamau \(youtube.com\)](#)  
Headspace
- **Journal prompt:** What are 2 highlights of the last week?



# The Anchor Toolkit: Module Four



- **2-3 minute meditation:** [2 Minute Gratitude Reflection Meditation | Find Joy & Thankfulness \(youtube.com\)](#) Mindful Breaks
- **Journal prompt:** What are 3 things you are grateful for and why?

# The Anchor Toolkit: Module Five

- **2-3 minute meditation:**  
[2 Minute Re-Centering Mindfulness Meditation for De-stressing \(youtube.com\)](#)  
Mindful Breaks
- **Journal prompt:** What are 3 things you are looking forward to and why?



# The Anchor Toolkit: **Module Six**



- **2-3 minute meditation:** [Mindful Minute Mindful Eyes \(youtube.com\)](#) The Character Effect
- **Journal prompt:** What is one thought or belief that you live your life by?

# The Anchor Toolkit: Module Seven

- **2-3 minute meditation:** [Box breathing relaxation technique: how to calm feelings of stress or anxiety \(youtube.com\)](#) Sunnybrook Hospital
- **Journal prompt:** What are 3 things you do to relieve stress?





# The Anchor Toolkit: **Module Eight**



- **2-3 minute meditation:** [Managing Anxious Thoughts And Stress With Mindfulness \(youtube.com\)](#)  
Headspace
- **Journal prompt:** What is a challenge you have faced and how did it make you stronger?

# The Anchor Toolkit: Module Nine

- **2-3 minute meditation:** [MINDFULNESS - 3 MINUTE MEDITATION \(youtube.com\)](#) The Honest Guys
- **Journal prompt:** What are three things you are proud of accomplishing in the last week?



# The Anchor Toolkit: **Module Ten**



- **2-3 minute meditation:**  
[3-minute mindfulness meditation for clarity - Flow \(youtube.com\)](#) Flow Neuroscience
- **Journal prompt:**  
Describe the perfect, ideal day, in detail.

# The Anchor Toolkit: Module Eleven

- **2-3 minute meditation:** [Relax your mind from anywhere with this 3 minute guided meditation \(youtube.com\)](#) National Center on Health, Physical Activity and Disability
- **Journal prompt:** What brings you peace?



# The Anchor Toolkit: **Module Twelve**



- **2-3 minute meditation:** [3 Minute Guided Breathing Meditation - Relief from Intense Anxiety – YouTube](#)  
MindfulPeace
- **Journal prompt:** What are your favorite things about being a college student?

# Collect Feedback

## **Student Survey:**

[https://surveyuccs.co1.qualtrics.com/jfe/form/SV\\_787DWBdnjbK8pLM](https://surveyuccs.co1.qualtrics.com/jfe/form/SV_787DWBdnjbK8pLM)

## **Faculty Survey:**

[https://surveyuccs.co1.qualtrics.com/jfe/form/SV\\_5tlolwbAnky7g4m](https://surveyuccs.co1.qualtrics.com/jfe/form/SV_5tlolwbAnky7g4m)



# RESOURCES

# Video Library

- [Short Mindful Breathing Exercise \(youtube.com\)](#)
- [2 Minute Body Scan \(youtube.com\)](#)
- [Grounding Exercise for Racing Minds: Calming Meditation with Dora Kamau \(youtube.com\)](#)
- [2 Minute Gratitude Reflection Meditation | Find Joy & Thankfulness \(youtube.com\)](#)
- [2 Minute Re-Centering Mindfulness Meditation for De-stressing \(youtube.com\)](#)
- [Mindful Minute Mindful Eyes \(youtube.com\)](#)
- [Box breathing relaxation technique: how to calm feelings of stress or anxiety \(youtube.com\)](#)
- [Managing Anxious Thoughts And Stress With Mindfulness \(youtube.com\)](#)
- [MINDFULNESS - 3 MINUTE MEDITATION \(youtube.com\)](#)
- [3-minute mindfulness meditation for clarity - Flow \(youtube.com\)](#)
- [Relax your mind from anywhere with this 3 minute guided meditation \(youtube.com\)](#)
- [3 Minute Guided Breathing Meditation - Relief from Intense Anxiety \(youtube.com\)](#)
- [2 Minute Body Scan For Anxiety | Body Scan Meditation \(youtube.com\)](#)
- [The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety \(youtube.com\)](#)
- [3 Minute Breathing Meditation \(youtube.com\)](#)
- [Compassion for Yourself - A Guided Meditation | Be Kind to Yourself \(youtube.com\)](#)
- [10-Minute Loving Kindness Meditation \(youtube.com\)](#)
- [Mental Rehearsal for the Day Ahead Meditation \(youtube.com\)](#)
- [Guided Meditation: Setting a Morning Intention \(youtube.com\)](#)
- [3 Minute Relax and Relief \(youtube.com\)](#)



# Additional Activities

- [Happy Hour Workbook Final](#)
- [HappinessWorkbook2021-8.5x11-Final.pdf \(uccs.edu\)](#)
- [Movement and Discussion Activity.docx](#)
- Mindful Eating Script:  
<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:754c97aa-08bc-4a85-952c-3652a4a6ae4b>
- [Five 15-Second Pauses for Your Mindfulness Practice](#)

# Wellness Center

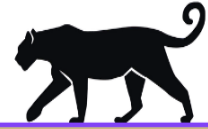


## Physical Health Services

- Acute illness, infections, injuries, as well as chronic condition
- Minor procedures
- Gynecology health services
- Birth control consults
- STI testing and treatment
- Physicals
- Immunizations
- Gender affirming healthcare
- Medication refills
- Allergy shot administration
- Select lab testing

## Mental Health Services

- Mental health screenings
- Therapy: individual, group, couples, and family
- Walk-in crisis hours
- Psychological and cognitive testing
- Case management
- TELUS Health
- SOS \*new\*



## Wellness Services

- Chiropractic services
- Acupuncture
- Massage therapy
- Nutrition services

## Wellness Promotion

- Wellness Wagon
- UCCSafer Sex
- PEAK Peer Health Educators
- SOS presentations
- Workshops and Events
- Canine Connections

**Reach out to us  
anytime!**



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# Research

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