



Be gentle with centered presence

**ASU** Center for Mindfulness,  
Compassion and Resilience  
Arizona State University

[mindfulnesscenter.asu.edu](http://mindfulnesscenter.asu.edu)

**“Effects of a Tai Chi/Qigong Intervention on Body Composition, Sleep Quality, and Emotional Eating in Midlife and Older Women”**

**“Acceptability of a mindfulness-based intervention among women with substance use disorders”**

**Research Council & Social Justice Council**

**HRSA Funding Mechanisms**

# **Student Opportunities**

**"Mindful Dis/engagement: Extending the Constitutive View of Organizational Paradox by Exploring Leaders' Mindfulness, Discursive Consciousness, and More-Than Responses"**

**“Inner Engineering: A Multiphase Mixed Methods Study Evaluating the Utility of Mindfulness Training to Cultivate Intrapersonal and Interpersonal Skills among First-year Engineering Students”**

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**self-compassion**

science of mindfulness

**PPE Fatigue**

loneliness and isolation

**health justice**

imposter syndrome

“serious fun”

# **Midday Mindfulness**

mindful leadership and  
working from home

uncertainty and  
transitions

how to be  
an ally

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