Effect Of Mindfulness-based reading on students
Kamran Shahabi
School of Kinesiology and Health Science, York University, Toronto, ON

Introduction:

Research shows Millennials are facing more workload than ever, which can potentially cause them stress and disturb their mental health. Research shows meditation is an effective method of managing emotions and stress. However, there are stigma around practicing meditation, since most people associate meditation as practice that monks take part in, and since result of their work cannot be observed, or measured in a traditional way, the point of practicing mediation is unknown to many.

Meditation is not the only way to practice mindfulness. Here we are trying to use mindfulness-based readings in order to let students experience the effect of mindfulness in their life, which can potentially encourage them to take part in more advance mindfulness practices.

Objectives:

Our objective in this research is to find an answer to questions below:

A) What is the effect of mindfulness-based reading on students?
B) How mindfulness-based reading affect students?
C) What are the potential improvement we can make to promote mindfulness practic?

Methods:

We are going to ask 3-5 senior student to read “zen mind, beginner's mind” within 7 days. The result of the experience will be retrieved from student 14-21 days after the experience in a interview format.

Result & Conclusion:

Since the research has not been executed yet, the result is not available.