

AI Acknowledgement

I acknowledge that I used Chatgpt on the 21st of April 2026 using the following prompts

1. Can you please look at the article “University Students’ Perspectives on Mindfulness and mHealth: A Qualitative Exploratory Study” and tell me what you think the key findings are ?
2. Can you tell me where to look to find similar articles to this which can provide additional information that I can use in my Poster

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

Practising mindfulness may be easier than you think ...

What is mindfulness?

Mindfulness is the practise of shifting your attention to the present moment and to bring attention to yourself and your surroundings . It is a way to reduce stress and anxieties by becoming aware of your surroundings



Why is it important?

Every student is subject to high levels of academic stress every day. This can take a big toll on your mental health and your general satisfaction every day. Evidence shows just how influential mindfulness can be in reducing academic stress and creating peace during your time on campus



It is quick and easy

Mindfulness can be practiced in many ways that are quick and easy to use .Specific forms of meditation can take only 1-3 minutes a day and can help improve attention whilst reducing stress and anxiety



Take advantage of your phones !

By doing a simple search on your app store you can find a number of different mindfulness tools which offer free guided meditation practices. These practises vary in tinme and different types so that you can find one tailored to you . No need to stress about what to do as the these tools will do it for you.

For best results

Studies show its not about the duration of time spent practising mindfulness that matters, , but the consistency. Doing this once a day for up to 8 weeks has shown to be much more effective in improving mental well-being .



What my poster is about

. In this poster I have highlighted 5 main areas when it comes to mindfulness which indlue the following:- what mindfulness is, the importance of it, tools available for this practise and tips and tricks aimed to get the best out of mindfulness whilst making it easy to do.

The aim of my poster

- This poster was designed to meet 3 main aims
- 1.To raise awareness on what mindfulness is as my research has shown that the setback in practising mindfulness is not a lack of effort, but a lack of education
 2. To improve student’s well being . As it is well documented, one of the biggest stressors for students is academic stress . Mindfulness helps to reduce this and as a result can improve student satisfaction
 3. To make mindfulness easy and accessible- I have presented where to look and what to do so that students do not feel the added responsibility

The importance

The main importance of this is because students are constantly under pressure. Many have added responsibility outside of University life. Chronic stress can be harmful . Practising mindfulness allows for a small period of peace in day to day living which can make a huge difference



Theoretical and psychological approaches

Mindfulness goes back many years used in many different religions and cultures. The use of it however has grown exponentially in modern day and applied heavily in Positive Psychology. This is because research has shown it can be really impactful in improving well-being .

Target population

- My target population in this is students as mindfulness can help with their academic stress. I overall try to convey that this is a practical and useful method for students.

Key Findings

- 1.Mobile devices have been found to improve accesibility, therefore I made sure to provide a section explaining the tools available on your phone
2. Time pressure acts as an obstacle. Providing information on time managment helps
- 3.Engagement drops overtime. For this reason I included a section on best results to highlight that consistency is key.
4. There is a lack of awareness on mindfulness therefore, a brief explanation on what mindfulness is helpful
- 5.Environment for example on campus can add pressure Showing students that it can be done anywhere for a short period of time might influence them to use this on campus to reduce students from becoming overwhelmed or overstimulated

Design choices

Colour- I used blue as the main colour since it is shown to have a calming effect akin to mindfulness.

Images- For each section of my poster I used images to reflect the main message so that the poster is easier to interpret.

Text- I ensured that the text was easy to read and that key parts were highlighted so that it catches the eye of the reader

Reference List

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5. Exploring the Perceptions of mHealth Interventions for the Prevention of Common Mental Disorders in University Students in Singapore: Qualitative Study *JMIR Publications* 25 doi: 10.2196/44542
6. Baltzell, A. L. (Ed.). (2016). Mindfulness and performance: Current perspectives in social and behavioral sciences. Cambridge University Press.https://assets.cambridge.org/97811070/74699/excerpt/9781107074699_excerpt.pdf