

## Mindfulness for the next generation: helping emerging adults manage stress and lead healthier lives

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### Abstrak

College students and other young adults today are experiencing high levels of stress as they pursue personal, educational, and career goals. In recent years, there has been increased awareness of the seriousness of these struggles, which may increase the risk of psychological distress and mental illness among this age group now commonly referred to as 'emerging adults.' Scientific research has shown that practicing mindfulness can help manage stress and enhance quality of life, but traditional methods of teaching mindfulness and meditation are not always effective for this developmental stage. Mindfulness for the Next Generation is an easy-to-use guide that details a four-session mindfulness-based program, called 'Koru,' aimed at helping young adults cope with anxiety, navigate the tasks they face, and achieve meaningful personal growth. Authors Holly Rogers and Margaret Maytan, Duke University psychiatrists and the developers of the Koru program, discuss the unique challenges this group faces, identify effective teaching techniques for working with them, and review the research supporting mindfulness for stress reduction in a scientifically rigorous yet reader-friendly way. The book explains the specific model created by the authors and describes each session in a 'mini-manual' format. Mindfulness for the Next Generation is written for therapists, teachers, health professionals, and student service providers who work with college students and other emerging adults."--Publisher's website