

*Flip Over for Study Information!*

# Join Our Study!

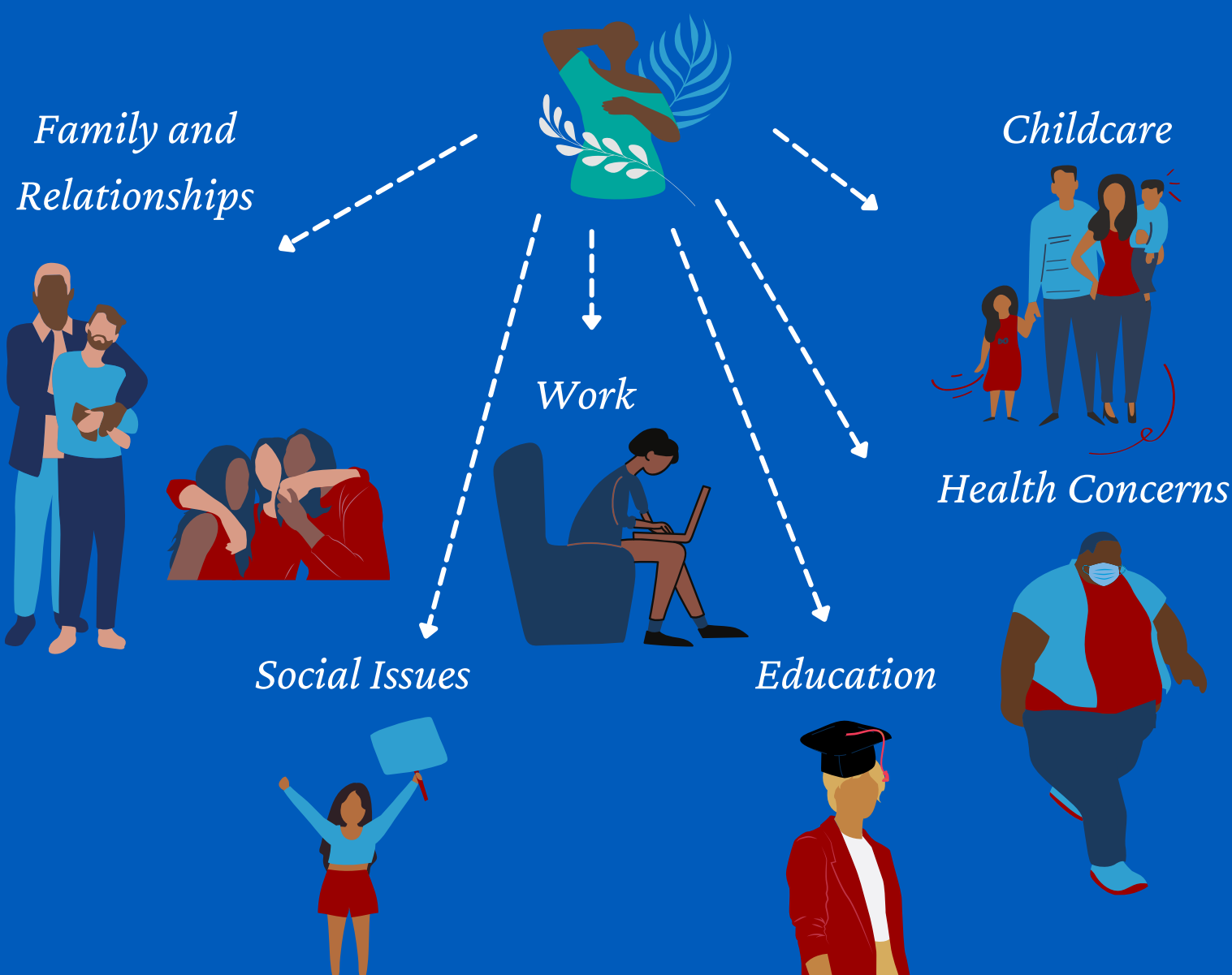
## Participants Compensated



Are you in  
**SURVIVAL  
MODE?**



*Balance can be difficult to find.*



## MINDFULNESS might be able to help

### *What is **Mindfulness**?*

- Focusing on the present moment.
- Calmly and purposefully acknowledging feelings, thoughts and sensations in the body.
- Can be seen as a form of self-care.
- The attitude of mindfulness is to be non-judgmental, curious and kind to ourselves and our thoughts.
- Mindfulness reminds us that there is no "right" or "wrong" way to think or feel in any moment.
- Learning how to be mindful could help to better manage the many things in our lives like work, family and our health and wellness.

If you or someone you love are in immediate distress please call  
Crisis Services 24 Hour Crisis Hotline- 716-834-3131  
Serving Buffalo and Erie County



University at Buffalo  
School of Nursing

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*Interested in practicing better self-care?*

*We'd like to invite you to join us on a Mindfulness journey.*

The University at Buffalo School of Nursing is studying the effects of the COVID-19 pandemic on mental health and wellbeing.

The research team is interested to see how mindfulness might improve mental health and emotional wellbeing.

Participation in this study takes place through technology like cell phones, tablets and computers to help keep participants home and safe during the COVID-19 pandemic.

Testing mindfulness practices through these technologies will also help us learn about ways to safely support people who need regular mental health care in the future.



## the Mellowing Mind Study

You may be eligible if you:

- Are 18+
- Are feeling stressed out during the pandemic
- Are fluent in English
- Reside in one of the following ZIP codes:
  - 14204, 14209, 14211, 14212 or 14215



Click the link below to answer a few questions and provide contact information or contact the research team with questions at (716) 829-2037 or email us at [MellowingMind@buffalo.edu](mailto:MellowingMind@buffalo.edu).

*To complete the interest form go to:*

[bit.ly/mellowing-  
mind-UB](https://bit.ly/mellowing-mind-UB)

Or



The Mellowing Mind Study provides compensation for your time. This study will be occurring remotely and you can participate from your home.

Our research staff looks forward to hearing from you!



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