

# Mental Wellbeing & Career Support

for students

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7Mind

# About this webinar part



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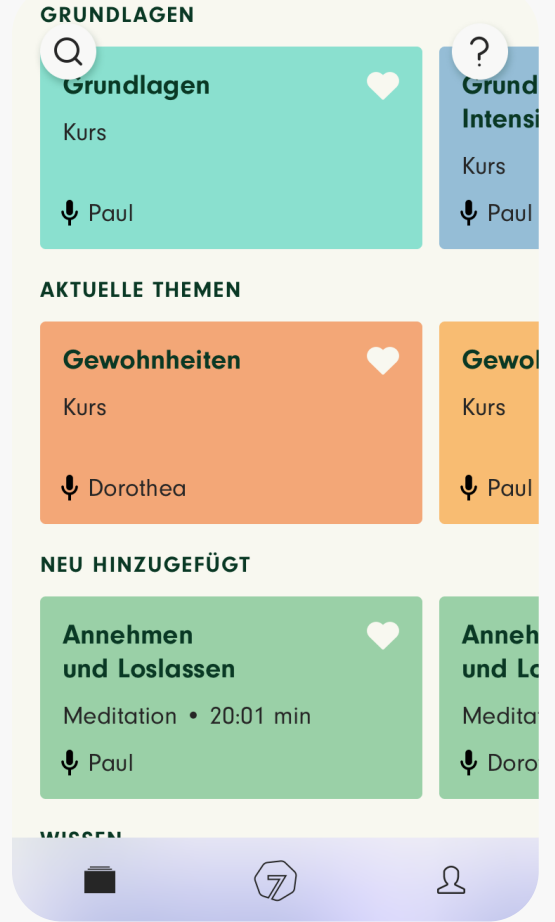
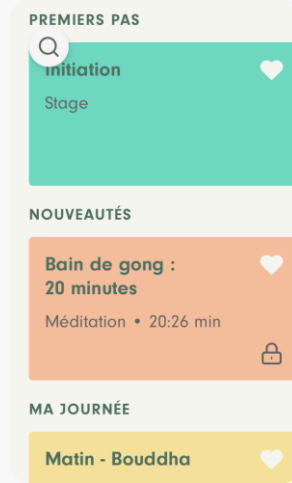
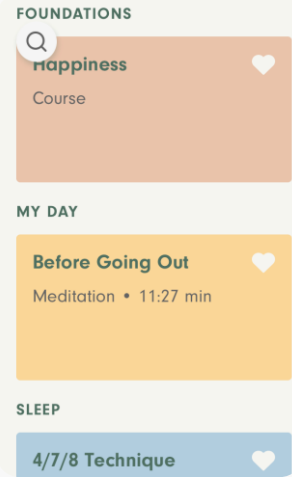
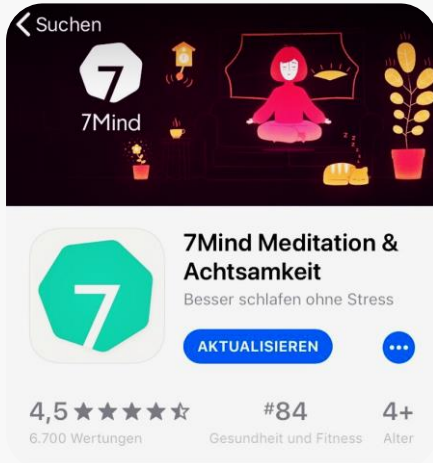
- ❑ what is 7Mind?
- ❑ mindfulness as a support in releasing stress
- ❑ formal & informal practices
- ❑ scientific study on informal mindfulness
- ❑ inspiration for your personal & professional life
- ❑ meditation practice

# About



7Mind

- ❖ founded 2014 by two students of University Witten / Herdecke
- ❖ at the moment, the most popular german meditation app
- ❖ available in: german, english, french, dutch



# About



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- ❖ in the app you find more than 1000 exercises in total
- ❖ the content is growing consistently
- ❖ What types of content are in the 7Mind App?
  - **Single Meditations:** specific topic, relaxation and meditation techniques
  - **Silent & Sound Meditations:** support you in meditating without guidance
  - **Meditation Courses:** guide you in diving deeper into a topic
  - **Sleep stories:** help you find relaxation in the evening and improve your sleep quality
  - **Knowledge Courses:** (scientific) background of meditation, mindfulness and other health-related topics

# About



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- ❖ 7mind is **freely usable for BARMER insurees**

The screenshot shows the BARMER website header with navigation links: [Unsere Leistungen](#), [Gesundheit verstehen](#), [Kursangebote](#), [Mitglied werden](#), and a search icon. A user profile link [Meine BARMER](#) is also visible.

The main content area features a dark green background with a white text box on the left and a large illustration on the right. The illustration depicts a woman's head in profile, surrounded by various icons representing stress and relaxation, with a smartphone showing the 7Mind app interface.

## Entspannt und mental stark durch den Tag

Was kann die 7Mind Meditations-App?

Warum ist die 7Mind-App besonders?

Wie mache ich mit?

Die 7Mind Meditations-App bringt mehr Ruhe und Gelassenheit in Ihren Alltag. Sie lernen meditieren oder vertiefen Ihre Meditationspraxis. Schon wenige Minuten am Tag machen Sie vital, kreativ und produktiv.

[Die App herunterladen](#)

**Kurse Singles**

THEMEN

- Situation
- Emotion
- Klang & Natur
- 7Minis
- Uni & Schule
- Basics**
- Imagination
- Schlaf

**Basics Anspannung loslassen**

Mit PMR lernen Vorspannungs-erkenntnis und

↓ Post

[Kontakt](#)

# About



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- ❖ 7mind is **reimbursable with all public german health insurances**

SO GEHT'S PREISE KRANKENKASSE FÜR UNTERNEHMEN MAGAZIN [APP HERUNTERLADEN](#)

## 7Mind: Erstattung über deine Krankenkasse

Absolviere unseren Stresspräventionskurs und erhalte zusätzlich kostenlosen Zugang zur gesamten 7Mind Meditations-Bibliothek.

[ERSTATTUNGSHECK](#)

# Mindfulness to release stress



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# Mindfulness to release stress

*"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally." [Jon Kabat-Zinn]*

## formal practice

meditation

- ❖ e.g. bodyscan, breath awareness



## informal practice

mindful moments in everyday life

- ❖ e.g. washing dishes mindfully or
- ❖ wapping application documents mindfully



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# Mindfulness to release stress

*Improving Mental Health and Well-Being through informal Mindfulness Practices: An Intervention Study [2021]*



N=139



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perceived stress  
anxiety  
depression  
satisfaction with life  
mindfulness  
daily practice diary

Mindfulness group compared  
to wait list group



reduced stress, anxiety, and depression  
increased satisfaction with life  
completely mediated by increased mindfulness  
changes maintained 2.5 months after the end  
of the program

# Mindfulness to release stress

*Improving Mental Health and Well-Being through informal Mindfulness Practices: An Intervention Study [2021]*



**conclusion:**

results underline the benefits of a mindfulness informal practices

informal practice might be a first step to perceive benefits of brief practices

this might increase motivation for formal practices



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# Inspiration for your Practice

*use formal and informal practice in everyday life and in acute stress situations*

## **Informal mindfulness practice to calm down in acute stress situations, like job interviews**

- a few minutes before your exam or job interview starts, for example...
- listen mindfully to your surroundings: What can you hear? Just quiet your mind observe what's there.



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# Practice



*find a comfortable seat &  
close your eyes if you like*



← LIBRARY



## Inner Balance

Stillness, calm and balance are all natural states. In our everyday lives, we often lose our connection with these and find ourselves out of balance. Learn to find and stabilise your inner center.



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# Questions?



*contact me:*  
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