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## The contribution of integrative mindfulness workshop on well-being and coping for university students living in a conflict zone: a qualitative perspective

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It has been suggested that mindfulness training can provide University students with coping mechanisms and influence their well-being. However, how does mindfulness help university students cope in a stressful security situation like war? 20 female Israeli university students who took part in a yearly ongoing mindfulness workshop which was based on an integrative 3 components model: group sharing, Yoga exercise and meditation, were interviewed, using in depth, semi structured interview. The young women (age 23-28) were asked about the contribution of the workshop to their well-being and coping skills during the ongoing war in Israel. Interviewees reported that following the mindfulness training, their level of anxiety went down and their coping skills had been heightened as result of being able to put aside intrusive thoughts and feelings that used to paralyze them and to focus on active coping, centered on what they needed to do promptly. Most also noted a more accepting attitude of themselves, without self-criticism or blame for what they should have or should not have done when facing the stressful situation. The added contribution of the integrative model was also demonstrated. psychological implications of the outcomes of mindfulness training, especially for university students living in areas under the shadow of war will be suggested.

### Biography

Tal Litvak Hirsch is currently the head of the Management and conflict resolution program at BGU. She research in the area of the psychosocial effects of trauma of the Holocaust on three generations and coping with living in terror zones amongst Israeli citizens. Recently, her research is focused on two topics: mindfulness as a tool for coping with stress situations and the Intersection of Breast Cancer Survival and Divorce: Personal Narratives of Israeli Women. Tal is also a clinical psychologist and as part of her work at the conflict resolution program, facilitate mindfulness workshops for students.

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