

# Experiencing stress and anxiety?

**You may be eligible to participate in our study!** Help us investigate the effects of mindfulness on various life outcomes.

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## ANCIENT TECHNIQUES & MENTAL HEALTH TODAY

### **MUST BE:**

- 18 years or older
- Boston-based Northeastern University undergraduate student
- Native English speaker

### **COMMITMENT:**

- Two 30-minute Zoom sessions
- Up to 5 weeks of short, daily smartphone tasks

*All participants will receive \$80 in compensation.*

*All components of the study will take place virtually.*



**Contact us at [pwolstudy@gmail.com](mailto:pwolstudy@gmail.com) if interested to see if you are eligible!**