

The Role of Mindfulness in Enhancing Emotional Resilience Against Stress and Anxiety in College Life

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Abstract: *College life brings unique challenges, including academic pressures, social changes, and the transition to adulthood. These factors can lead to heightened stress and anxiety, impacting students' emotional well-being. Mindfulness has emerged as a beneficial practice in helping individuals manage stress and anxiety, and in recent years, its role in promoting emotional resilience among college students has gained considerable attention. This paper explores how mindfulness techniques, such as meditation, breathwork, and mindful awareness practices, can build emotional resilience in college students, helping them to cope with stress, manage anxiety, and enhance overall well-being*

Keywords: Emotional regulation, Stress management techniques