**The effectiveness of stress management and mindfulness skill kits on University students**

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Abstract

Stress management and mindfulness training is an increasingly necessary skill to develop for undergraduate studies. The expansion of educational and social interfacing has brought new and unexpected challenges for young learners, who are now experiencing a greater need for self- regulation approaches. With the development of a Stress Management and Mindfulness Skills (SMMS) Kit, students can learn personal practices for their own mental and emotional health; as well as that of others. The research study is aimed at addressing the effectiveness of using the SMMS Kit among students of The Education University of Hong Kong (Hong Kong, China) and Udayana University (Bali, Indonesia). The research will be conducted over a 2 years period employing the undergraduate students of The Education University of Hong Kong and Udayana University. The SMMS Kit will be used in the courses related with Stress Management and Mindfulness, and the students will be asked to respond to a survey regarding perceived changes in their stress management and mindfulness after using the SMMS Kit. Those who participate in this research study are expected to develop the appropriate skills for regulating their stress and mindfulness as part of a greater holistic psychological health education.

Keywords: Stress Management, Mindfulness, Undergraduate students, health