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Nicole Belmont
Northeastern Illinois University

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MIND OVER MATTER: MINDFULNESS TECHNIQUES IN THE MIDST OF A PANDEMIC PRESENTED THROUGH YOUTUBE

Nicole M. Belmont

College of Graduate Studies and Research, Northeastern Illinois University, Chicago, IL 60625

In March of 2020, the onset of the global COVID-19 pandemic forced daily life for most Americans to shift in a significant manner. Six domains of life were identified that were especially impacted or especially susceptible to stress related to the living conditions of the pandemic, including: meditation, crisis management, movement, nutrition, breath, and nature. To combat the onset of stress related factors, the need for free of cost mindfulness resources presented itself. By combining interviews with mindfulness experts, examining existing research on mindfulness, and relying on personal field experiences as a mindfulness practitioner and yoga instructor, a Youtube channel was created that is dedicated to exploring topics in mindfulness with the goal being to provide the public with a free resource to facilitate healing from the conditions of the pandemic. This is a living work and will be added to over time. Currently, this Youtube channel offers seven videos which can be viewed in any order. Existing research suggests that marginalized communities have been the most impacted by the conditions of the pandemic, therefore utilizing Youtube as a recognizable, accessible, and no cost resource positions these mindfulness resources in a way that does not require those in need to sift through a significant amount of literature or be required to pay a subscription to participate in their healing.