

## **Mindfulness and Employability: A Course on the Control of Stress during the Search for Work**

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**Abstract :** Defining professional objectives and the search for work are some of the greatest stress factors for final year university students and recent graduates. To manage correctly the stress brought about by the uncertainty, confusion and frustration this process often generates, a course to control stress based on mindfulness has been designed and taught. This course provides tools based on relaxation, mindfulness and meditation that enable students to address personal and professional challenges in the transition to the job market, eliminating or easing the anxiety involved. The course is extremely practical and experiential, combining theory classes and practical classes of relaxation, meditation and mindfulness, group dynamics, reflection, application protocols and session integration. The evaluation of the courses highlighted on the one hand the high degree of satisfaction and, on the other, the usefulness for the students in becoming aware of stressful situations and how these affect them and learning new coping techniques that enable them to reach their goals more easily and with greater satisfaction and well-being.

**Keywords :** employability, meditation, mindfulness, relaxation techniques, stress

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