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A Wholistic Solution for Mental Health and Wellbeing in Youth

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A Wholistic Solution for Mental Health and Wellbeing in Youth

Executive Summary

In a post-pandemic era marked by rapid social and technological changes, the mental and emotional wellbeing of our youth has never been more at stake. Childhood (ages 4 to 11) and adolescence (ages 12 to 18) are crucial developmental stages, where young people experience significant cognitive, emotional, and social growth. These formative years lay the groundwork for future health and wellbeing, yet they are vulnerable times when mental health challenges often emerge, potentially impeding progress in learning and interpersonal relationships.

Worldwide, youth anxiety, depression, and suicide have reached alarming rates. In order to reverse this trend globally, we must address these issues head-on and examine how we approach mental health and wellbeing in schools and other systems of education. This white paper offers evidence-based solutions to guide and support this necessary shift. Its framework is rooted in the transformative power of what we at Roundglass Living call Wholistic Wellbeing, a perspective that addresses the whole individual, emphasizing the fundamental interconnections between cognitive, emotional, physical, and social factors of health.

We created the Roundglass Living Wholistic Wellbeing for Kids and Teens Program for teachers, parents, coaches, and other adults interested in providing a comprehensive and accessible wholistic solution for promoting youth mental health and wellbeing for all children, from kindergarten through 12th grade. Through science-backed mind-body practices and activities based on seven core themes of wellbeing, young people will learn to regulate emotions, sleep better, cultivate mindful awareness, eat better, and improve relationships. These skills not only support health during school years, but they also lay the foundation for lifelong wellness habits.

Meticulously crafted by neuroscientists and expert mind-body practitioners, the Roundglass Living Wholistic Wellbeing for Kids and Teens Program is a beacon for teachers and parents seeking effective wellbeing strategies for school-age learners. Our program equips children and teenagers with science-backed practices and skills, including self-awareness, self-regulation, compassion, and connection. Its uniqueness lies in its ease of use and its optimized synergy from blending multiple mind-body practices with specialized music designed to enhance meditation and breathwork by facilitating therapeutic brain states.

The program's activities are age-specific and engaging—with creative stories and fun exercises that seamlessly weave in emotion-regulation practices. This approach can help address the immediate mental health needs of our young people, and it has far-reaching implications for the long-term health and prosperity of global communities.

In short, this white paper calls upon educators, parents, and policymakers to prioritize the mental health of our youth by implementing programs and initiatives like the Wholistic Wellbeing approach put forth by Roundglass Living. This is not simply an ambition, but a necessity—for the wellbeing of our children and the resilience of our global community.

> By fostering Wholistic Wellbeing, we empower young people to navigate challenges, build healthy relationships, and thrive in an increasingly complex world.

PRAKRITI PODDAR

Roundglass global head of mental health and wellbeing

At a Glance

In support of the Roundglass Living Wholistic Wellbeing for Kids and Teens Program and effective strategies for mental health and wellbeing in youth, the following points will be addressed in this white paper.

Extent of the problem. Specific challenges that children and adolescents face in today's complex world will be explored, including increasing rates of mental health issues, sleep disturbances, academic pressure, social media, social isolation, and changing family dynamics.

Gaps in solutions. The current lack of adequate solutions for youth mental health and wellbeing will be highlighted, emphasizing the need for comprehensive approaches that address both immediate concerns and long-term wellbeing.

Wholistic Wellbeing framework. The concept of Wholistic Wellbeing will be introduced using a whole-person health framework that recognizes the interconnectedness of physical, emotional, social, and mental health.

Seven thematic areas. Within the Wholistic Wellbeing framework are seven focus areas that will be presented: focus and concentration, calm and relaxation, sleep, intention and empowerment, kindness and connection, movement and body awareness, and emotional balance.

Utilizing a digital platform. The Roundglass Living digital platform and tools will be proposed to deliver mind-body content personalized for teachers, parents, and students. The benefits and limitations of technology will be presented for making resources accessible and convenient.

Diverse content offerings. A diverse range of content offerings available on the digital platform will be described, including meditation, yoga, breathwork, visualization, storytelling, therapeutic music, and interactive games.

Mechanisms driving wellbeing outcomes. The targeted mechanisms of mindfulness-based approaches that contribute to positive health and wellbeing outcomes will be discussed: self-awareness, self-regulation, insight, connection, purpose, and resilience.

Supporting teachers and parents. How the platform supports teachers and parents will be described by providing them with tools and resources to guide youth in developing essential life skills for mental wellbeing.

Empowering youth. The proposed Wholistic Wellbeing for Kids and Teens solution empowers youth to take an active role in their mental health journey, fostering skills that contribute to their overall growth and resilience.

The Stakes:
Childhood and Adolescent Mental Health Is a Global Issue

Childhood (ages 4 to 11) and adolescence (ages 12 to 19) are formative periods involving profound cognitive, emotional, psychosocial, and biological development that is foundational to the transition to adulthood. The stakes are high. Over the past few decades, an epidemic of youth mental health issues, including depression and anxiety, has been growing. The factors contributing to this rise are complex and multifaceted. Peer pressure, academic stress, bullying, family dynamics, trauma, social media, social isolation, economic challenges, the COVID-19 pandemic, and limited access to mental health services are just a sample of the serious issues facing today's kids. As a result, cognitive, emotional, and social functioning are chronically dysregulated. Simply put, grades begin to slide, relationships become strained, the risk of self-harm or suicide grows, students start self-medicating with drugs and other substances, and overall physical health declines.

The significance of intervening during these early years cannot be overstated: The World Health Organization estimates that anxiety and depression among young people costs the global economy US$390 billion each year[1]—yet the future of our planet undeniably depends on the health of our kids.

The Alarming Statistics: A Snapshot

The statistics paint a stark picture of the challenges faced by children and adolescents around the world: chronic sleep loss, school stress, social media pressures, loneliness, depression, anxiety, attention-deficit/hyperactivity disorder (ADHD), eating disorders, substance abuse, and decreased life satisfaction among them.[2] These emerging trends represent the lived experiences of millions of young people worldwide. Addressing these issues requires a multifaceted approach from schools, parents, policymakers, and mental health professionals to create innovative solutions and supportive environments that keep our youth engaged and inspired for a better future.

The Decline of Mental Health

Research has demonstrated a significant rise in mental health issues among adolescents and children over the past decade—most notably in anxiety and depression—stemming from the rapid pace of modern life and fears about the future of humanity and the planet.[3]
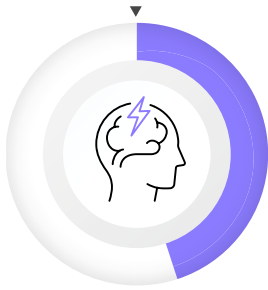
Anxiety and depression make up about 40% of diagnosed mental disorders.[1]

In 2019 approximately 1 in 6 youth reported making a suicide plan, a 44% increase since 2009.[12]
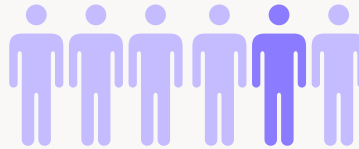
+40%

Reported feelings of persistent sadness or hopelessness have increased by 40% since 2009.[1]

Suicide was determined to be the fifth most prevalent cause of death for adolescents aged 12 to 19, the third most common cause of death for girls aged 15 to 19, and the fourth most common cause for boys in the same age group.[1]

Roughly 20% of all people experiencing depression and anxiety disorders experienced symptoms before age 13.[13]

Nearly 46,000 adolescents die from suicide each year—more than one every 11 minutes.[1]

166 million

Globally, an estimated 166 million adolescents aged 10 to 19 years old—a staggering 1 in 7—are living with a mental health condition.[1]

When Sleep Isn't Just Sleep

A growing body of research shows that adolescents and children around the world aren't getting enough sleep, thanks to factors like excessive screen time and school worries. Sleep that is insufficient, inconsistent, nonrestorative, disrupted, or poorly timed (e.g., a late bedtime) can lead to cognitive deficits, mood disturbances, and an increased risk of mental health problems, underscoring the need for healthy sleep hygiene in mental health efforts.

- Sleep disturbances that contribute to mental health dysfunction affect up to 70% of adolescents in Europe and North America, where at least 1 in 4 youth have difficulty falling asleep at night and feel tired during the day.[4]
- Over 16 million teens and almost 3 in 4 high school students in the U.S. don't get enough sleep, impeding academic success and contributing to poorer health outcomes.[5]
- Access to mental health providers and sleep treatment is limited. Globally, there are only 2,350 clinical psychologists who focus on youth and only 412 sleep treatment providers.[6]

School Stress Is More Than Just Grades

Young people are under a lot of stress caused by a range of factors beyond the pressure to get good grades. High expectations from parents, teachers, and society; increased homework load; limited time for relaxation, hobbies, and socializing; test anxiety; peer pressure; bullying; constant comparison to peers; juggling academic responsibilities with extracurricular activities; insufficient support from teachers, parents, and peers; and the COVID-19 pandemic's shift to online learning have all been identified as significant contributors to anxiety, depression, and profound decreases in psychological wellbeing.[7]

- Half of all mental health conditions begin by age 14. School-related stress significantly contributes to the development of mental health disorders.[8]
- Students in countries with high levels of school-related stress reported higher levels of emotional distress and lower life satisfaction.[9]
- While burnout is commonly associated with the workplace, adolescent students also experience burnout from academic pressure. Prevalence rates of student burnout vary globally, ranging from 20% to 70%.[10]
- As sexual harassment and gun violence have increasingly contributed to school-related stress, about 1 in 8 children who experience any form of violence will leave school before high school graduation.[11]

Digital Life Becomes a Double-Edged Sword

Approximately 70% of the world's population over 10 years old has access to a mobile device.[14] While the benefits of technology are numerous, a growing body of research links the use of smartphones and other devices with increased youth mental health issues. According to one recent study, sharp spikes in depression, anxiety, loneliness, self-harm, suicidal ideation, and attempted suicide in U.S. adolescents began soon after 2011—when social media use and screen time rose dramatically.[15]

Social media platforms are designed to be addictive and have been associated with anxiety, depression, and physical ailments.[16] These platforms often result in pressure to create and manage an online identity; seeking validation through likes, comments, and shares; potential exposure to cyberbullying and harassment; and unhealthy expectations and comparisons—all of which have been associated with increased feelings of loneliness, social isolation, anxiety, depression, and substance use and addictive behaviors.[16]

Are You Ready to Create Healthier Device and Screen Time Habits?

To check out your or your child's current risk of screen time overuse, take our short screen time quiz.
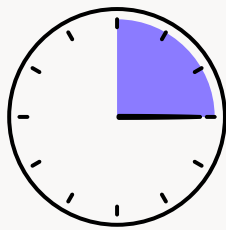
Children and adolescents who spend more than 3 hours on social media each day face twice the risk of mental health problems, such as depression and anxiety.[30]

When asked about the impact of social media on body image, 46% of teens aged 13 to 17 said social media makes them feel worse.[31]
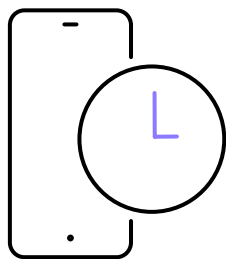
Excessive screen time, changes at home (such as newly remote working parents), and declining face-to-face interactions (due to device usage) have been found to lead to heightened feelings of social isolation and loneliness.[32]
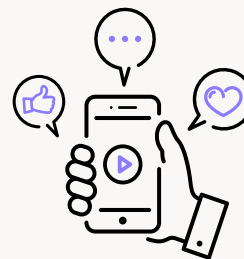
Up to 95% of American adolescents aged 13 to 17 report using social media. Nearly 67% say they use social media daily, and 33% use it almost constantly. On average, teenagers spend 3 to 4 hours per day on social media.[29]

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> You can't teach if you're not addressing mental health. To know what our students and staff have gone through in the past two years…to say we don't need mental health supports? It's like saying you don't need air. It's unimaginable!

RENE MYERS
Intervention specialist with 33 years of public education service[33]

On the other hand, technology and social media can be used to provide mental health support. In 2020 the digital health space saw a significant influx of new apps with more than 10,000 focused on mental health.[17] Early research, including studies on children with ADHD, indicates that such apps can improve mental health and promote wellbeing.[18] For instance, a study showed that kids aged 6 to 12 with ADHD experienced improvements in symptoms and sleep after four weeks of using a mindfulness app.[18] These app-based interventions can be particularly valuable, providing accessible, cost-effective mental health support through methods like mindfulness and breathwork. Because of existing digital habits, mental health apps may be more attractive to kids than other interventions and provide tools on the devices they use most.[18]

Digital platforms have been shown to be as effective as in-person sessions when delivering mental health strategies to young people.[19] Apps can offer convenient mental health solutions and promote independence, a sense of autonomy, and self-efficacy, empowering youth to take control of their own wellbeing and reinforcing the notion that mental wellbeing is within their control. Engaging content, safe online spaces, and teaching responsible digital behavior are essential for mitigating the negative effects of social media.[18] Equipping kids with digital literacy and critical-thinking skills is key for fostering a resilient generation that's ready to face the complexities of the modern world.

The Loneliness Epidemic

Modern youth risk becoming the loneliest generation with technology playing a significant role. Social media often leads to feelings of inadequacy and isolation and may also impede the development of vital in-person social skills. Beyond tech, there are plenty of other modern influences contributing to loneliness: societal pressures, changing family dynamics (exacerbated by high divorce rates and the pandemic), and decreased emotional support to name a few. Furthermore, pandemic disruptions and growing global crises have led to existential questioning, intensifying isolation.

Loneliness in young people is linked to depression, academic struggle, and harmful health behavior, raising global public policy concerns.[20] In 2018 the U.K. appointed a Minister for Loneliness to tackle "the sad reality of modern life," highlighting the issue's prominence on the international stage.

- From 2012 to 2018, school loneliness increased in 36 of 37 countries, according to a recent study. Worldwide, nearly twice as many adolescents in 2018 had elevated levels of school loneliness compared to 2012.[21]
- Across 76 countries, the prevalence rates of loneliness among adolescents aged 12 to 17 ranged from 9.2% to 14.4% before the pandemic, depending on the geographic region.[22]
- Several systematic reviews have found that the COVID-19 pandemic has increased loneliness even more in children and adolescents.[22]

Fostering meaningful social connections is imperative to combat loneliness—especially during adolescence, a critical period for forming identity and belonging. Strong relationships with peers, family, teachers, and community build self-esteem, resilience, and purpose. These bonds provide a supportive space for adolescents to express themselves and find their unique voices. App-based mindfulness interventions can help.

A Mental Health Crisis in the Post-Pandemic World

On May 5, 2023, the head of the World Health Organization (WHO) declared, "with great hope," an end to COVID-19 as a public health emergency.[23] In the wake of the years-long pandemic, the challenges facing youth have been exacerbated, raising significant alarm due to widespread and far-reaching impacts. Marked by isolation and displaced families, uncertainty, existing and emerging existential threats, and disrupted routines, the pandemic has profoundly affected mental health among young individuals. With global economies still recovering and close to 7 million people dead from the virus, mental health consequences for children and adolescents will continue to persist.

- A cross section of U.S. adolescents screened in primary care settings found positive suicide-risk screens increased from 6.1% in 2019 (pre-pandemic) to 7.1% in 2020 (pandemic) and a 34% relative increase in reported recent suicidal thoughts among females aged 12 to 21.[24]
- Across 11 countries, thoughts of suicide and suicide attempts by adolescents increased by more than 30% pre- to post-pandemic with greater increases among females.[2]
- Rates of major depressive disorder and anxiety disorders went up by more than 25% in the first year of the pandemic across all age demographics, adding to the nearly 1 billion people who were already living with a mental disorder.[25]
- In 2021 nearly 3 in 5 teen girls in the U.S. reported feeling persistently sad or hopeless, a dramatic increase (nearly 60%) compared to the prior decade.[26]
- From 2020 to 2021, 1 in 5 young people in the U.S. experienced sexual violence, up 20% since 2017.[26]
- In 2021, 60% of LGBTQ+ people in the U.K. reported that the pandemic negatively impacted their mental health, and about half of them said that the impact had been major. By comparison, 37% of non-LGBTQ+ people reported a negative mental health impact in this period, and 17% of them said the impact had been major.[27]
- About 60% of youth across 10 countries do not receive any treatment for clinical-level mental health challenges.[28]

What's Missing in the Current Solutions? Where Are We Failing?

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If we seize this moment, step up for our children and their families in their moment of need, and lead with inclusion, kindness, and respect, we can lay the foundation for a healthier, more resilient, and more fulfilled nation.

VIVEK H. MURTHY
U.S. Surgeon General[36]

Unfortunately, a profound treatment gap—the difference between the number of people who need care and those who receive it—exists across the globe. Several factors contribute to this gap, including stigma attached to mental health, lack of awareness, barriers to access, cultural and language barriers, and the high costs of treatment. According to a 2021 survey of 45,000 people in 10 countries, 58% of those with a clinical-level mental health condition said they did not seek help for it.[34] In North America, that number exceeds 65% and surges to nearly 90% in low-income countries.[35] One report finds that, globally, only about 2% of government health budgets are allocated to mental health spending, yet the economic loss caused by mental disorders in young people is estimated at US$390 billion a year.[1]

Factors Contributing to the Treatment Gap

Stigma. Stigma surrounding mental illness is a pervasive barrier that discourages people from seeking help. Stigma can lead to social isolation, self-blame, and a reluctance to disclose symptoms or feelings.

Perceived lack of benefit. Some people believe mental health treatment is ineffective or unnecessary. This perception can stem from misinformation, cultural norms, or negative past experiences. The belief that therapy or mind-body practices won't make a difference can deter people from seeking help.

Lack of awareness. Many individuals are unaware of available mental health services or resources. This lack of awareness might stem from inadequate education about mental health, limited access to information, or poor visibility of services within communities.

Barriers to access. Distance to treatment centers, transportation issues, financial constraints, and long wait times can deter people from seeking help. Limited availability of mental health professionals and resources, especially in rural or underserved areas, exacerbates these barriers.

Cultural and language barriers. Cultural norms, language barriers, and the lack of culturally sensitive care can prevent people from getting the care they need.

Early intervention and prevention. Current solutions often focus on addressing mental health problems once they have developed. More emphasis is needed on early intervention and prevention programs that identify and address risk factors before they escalate.

Cost and insurance coverage. Limited insurance coverage for mental health services and high costs of treatment, especially in countries without universal healthcare, pose significant financial challenges.

School-based programs. There is a need for more comprehensive and consistent integration of mental health education, coping skills, digital health tools, and personalized support within educational institutions.

Wholistic approaches. Many interventions focus solely on the psychological aspects of mental health. A wholistic approach that considers physical health, nutrition, exercise, sleep, and social connections is often missing.

One-Size-Fits-All Approaches Don't Work

Unfortunately, there is no one-size-fits-all approach to mental health treatment. Addressing the treatment gap requires a multifaceted approach that considers both short-term relief and long-term solutions for improving access to care with culturally sensitive and affordable treatment options. Solutions should incorporate critical support structures via families and schools.

Growing Support Among Experts

As nations work toward recovery and healing, educators, policymakers, and communities are increasingly acknowledging the importance of infusing educational frameworks with evidence-based solutions that emphasize social- and emotion-based learning. Since the beginning of the pandemic, multiple mental health reports by WHO, UNICEF, the Centers for Disease Control and Prevention (CDC), and the Office of the U.S. Surgeon General have described potential pathways for improving youth mental health based on existing pre-pandemic research and knowledge. Post-pandemic evidence will continue to emerge as research is conducted and mental health responses are evaluated.

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> We all must work to help break the silence around mental health—challenge stigmas, raise mental health literacy, and ensure the voices of young people are heard, and especially those with lived experience of mental health challenges.

HENRIETTA H. FORE
Former UNICEF executive director[1]

Wellbeing 360°:
The Whole-Person Approach

Importance of Wholistic Wellbeing in Adolescent Development

As noted in the executive summary, at Roundglass Living, the "w" in "wholistic" is purposeful—to emphasize the importance of a whole-person approach to mental health and wellbeing. A "whole-person health" perspective refers to an approach that addresses the interconnectedness of various aspects of an individual's wellbeing, including physical, emotional, cognitive, social, and spiritual dimensions.[38] Our program recognizes that health and wellbeing are influenced by multiple interrelated factors, including lifestyle, environment, biology, and social and cultural dynamics. The program's methodology empowers young people to take charge of their health and wellbeing by providing tools for personal growth, positive relationships, and resilience—helping them manage challenges and live authentically and meaningfully.

A wholistic approach is uniquely proactive, building foundational skills for handling life's challenges before they arise. The wholistic approach addresses multiple dimensions of a child's development—emotional, social, physical, and mental—helping children thrive in various aspects of their lives. Focusing on the integration of social-emotional skills with mindfulness skills from an early age equips children with essential skills like empathy, self-awareness, emotion regulation, and resilience. These skills are essential and can significantly influence a child's ability to navigate future challenges effectively, rather than seeking solutions when problems take hold.

While our Wholistic Wellbeing program is unique, others like it have gained major followers. For example, the National Center for Complementary and Integrative Health has advocated for a multilevel whole-person health framework as depicted below. The CDC advocates for a whole-child health approach for addressing health in schools, arguing that youth health and wellbeing are dependent on factors ranging from physical activity to family dynamics and community engagement.

In addition to expanding access to mental health services, a sustainable whole-person health program must create the supportive environment necessary to mitigate the impact of the growing mental health epidemic, and it must provide resilience-building curricula that teach coping and emotion-regulation skills while creating a mindful, compassionate classroom culture—two proven practices that can effectively help youth navigate stress and adversity.

Multilevel Whole-Person Health Framework
Health and disease are depicted on a continuum that is dependent on biological, behavioral, social, and environmental factors, as well as the social context supporting relationships between the individual, family, community, and greater population.[37]

Health

Individual

Biological
Behavioral
Social
Environmental

Family

Community

Population

Disease
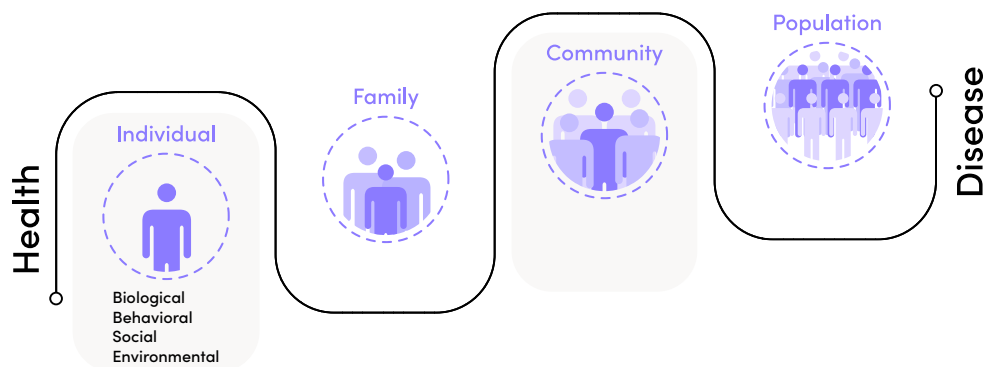
Social and Emotional Learning and Mindfulness: More Than Just Buzzwords

Social and emotional learning (SEL) and school-based mindfulness programs (SBMPs) have emerged as potential solutions to address the critical concerns of youth mental health. Both embrace the whole-person health approach.

Social and Emotional Learning (SEL)

SEL is defined by an educational framework that promotes self-management, responsible decision-making, relationship skills, social awareness, and self-awareness, as it aims to build a more inclusive, supportive, and cooperative environment for entire school communities. This comprehensive, evidence-based approach to education involves a variety of activities, exercises, and discussions that teach youth key skills for self-awareness, self-regulation, and social competence, all of which contribute to improved mental health and are central to children's development and success in school, work, and life.

Proven Benefits and Outcomes of SEL for Youth

Research highlights the profound benefits of SEL on mental health and academic performance. A significant study involving more than 270,000 students demonstrated that SEL participants had an 11% increase in academic success compared to nonparticipants.[39] Additionally, SEL has been linked to fewer disciplinary problems, reduced aggression, and enhanced prosocial behaviors (such as empathy and conflict resolution), fostering healthier relationships and communication.[40] SEL's emphasis on managing conflicts, responsible decision-making, empathy, and cooperation correlates with better connections within the school community.[41] It's also effective in reducing anxiety and depression, helping students cope with emotional challenges. Engaged SEL students show increased academic achievement, focus, and engagement, alongside improved self-regulation, communication, and critical-thinking skills.

The impact of SEL extends well beyond school: Participants are likely to maintain healthier relationships and greater life satisfaction into adulthood. SEL integration into educational curricula, endorsed by organizations like WHO, can significantly enhance mental health and overall wellbeing, laying the groundwork for a supportive and positive learning environment.[42]

Studies have shown that SEL interventions can lead to the following benefits in children and adolescents.
- Improved social skills (interpersonal skills, conflict resolution)
- Reduced emotional distress (anxiety, depression)
- Enhanced academic performance
- Decreased behavioral problems (aggression, disruptive behaviors)
- Healthier relationships
- Improved life satisfaction

> "
> *Mindfulness—whether viewed as a state of awareness, a characteristic trait, a method for training the mind, a meditation style, or a therapeutic approach—has been shown to reduce the negative impact of stress and lessen the adverse health effects of various psychological issues in people of all ages and backgrounds.*

DAVID VAGO
Neuroscientist, Roundglass research lead, and former director for research at the Osher Center for Integrative Medicine at Vanderbilt University

School-Based Mindfulness Programs (SBMPs)

Renowned mindfulness researcher Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction program, defines mindfulness as "paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally."[43] This is done by observing and accepting thoughts, sensations, or feelings that arise without judgment and then choosing positive, beneficial behaviors. As a systematic form of training, mindfulness has the potential to improve self-awareness, offer insight into mental habits, promote self-regulation of impulses and behaviors, and help shift focus outward from the individual self to the interconnectedness of the community and the world.[44] Mindfulness practices, such as meditation and yoga, involve cultivating a state of mindful awareness that informs everyday activities and social interactions. Mindfulness practices that have been successfully integrated into K–12 education improve mental health, academic performance, emotion regulation, attention, and social relationships. By teaching students to pay attention to thoughts, emotions, and bodily sensations, mindfulness-based practices offer skills to manage stress, focus better, and navigate challenges—all of which contribute to Wholistic Wellbeing.

Proven Benefits and Outcomes of SBMPs

SBMPs are emerging as powerful tools for promoting mental health, resilience, and academic success among students aged 4 to 18 years old. Research, including a recent study by Pennsylvania State University, demonstrates the effectiveness of these programs on stress management, managing anxiety and depression, and fostering healthy relationships. They also contribute to improved school behavior by reducing anger, aggression, and bullying.[45]

Further findings reveal that SBMPs also bolster executive functions, academic performance, and attention—particularly beneficial for children with ADHD.[46] They have been effective in mitigating disordered eating and improving body image in teen girls.[47] These programs also help students process stress with greater emotional stability and overcome challenges and perceived threats.

Additionally, SBMPs contribute to better sleep by promoting relaxation and reducing bedtime anxiety.[48] They enhance prosocial behaviors, increase self-compassion, and decrease self-criticism in adolescents.[49] By instilling emotion regulation and concentration, mindfulness equips students to actively participate in their education and excel academically, underscoring the significant potential of integrating SBMPs into educational settings for long-term benefits.

> **Research shows SBMPs offer a wealth of mental health and wellbeing benefits for students.**
> - Stress management
> - Improved mental health and wellbeing (including reduced anxiety and symptoms of depression, improved sleep, improved body image and symptoms of disordered eating, improved impulsivity and social adjustment, decreased aggression and bullying)
> - Improved academic performance
> - Improved self-compassion and prosocial skills

Overcoming Limitations and Misconceptions: Integrating SEL and SBMP into a Wholistic Model

Scientific research advocates for the benefits of mindfulness-based practices and SEL curricula, highlighting their role in enhancing students' mental health and wellbeing. SEL programs offer a broad range of skills to promote positive social interactions and decision-making, while mindfulness programs concentrate on present-moment awareness and attention regulation through meditation. The most effective youth development programs combine elements of both approaches.[50]

However, many existing programs are limited and don't fully utilize mind-body practices like yoga, breathwork, music therapy, or activities to sustain engagement (such as journaling). For instance, SEL application in real-world scenarios often falters due to inadequate teacher training and support, despite its inclusion of valuable relaxation and stress-management techniques. The MYRIAD study, a significant investigation into schoolwide mindfulness based at Oxford University, found that without student engagement, the potential benefits of mindfulness are unattainable. Similarly, digital mindfulness apps, despite their popularity, suffer from low long-term user engagement.[51]

In 2019, 52 million first-time users downloaded one of the top 10 meditation apps, up 15.6% in 2018.[52] Although the number of app installs and daily use may seem high, only a small portion of users engaged with these apps for a long period of time. In fact, one study that tracked the use of a mindfulness app found that the percentage of users opening the app dropped from 80% between day 1 and day 10 to less than 5% on day 30.[53]

To realize meaningful change, programs must actively engage youth. Engagement fosters curiosity, critical thinking, and an understanding of wellbeing and mental health. Effective program design, meaningful content delivery, duration, and personalized content are key engagement factors. Emphasizing evidence-based SEL and mindfulness practices that have shown success is crucial. A wholistic approach that harnesses a broad spectrum of mind-body practices with proven engagement strategies can unlock the transformative potential of these initiatives worldwide.

The Roundglass Living Wholistic Wellbeing for Kids and Teens Program:
A Wholistic Solution for Youth Mental Health and Wellbeing

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> Wholistic Wellbeing focuses on the physical, emotional, social, and mental aspects of wellbeing to create a happier and healthier world, one kid at a time.

SUNNY GURPREET SINGH
Roundglass founder and CEO

We have researched the marketplace of wellbeing curricula for youth and built a comprehensive program to address the gaps. Our program builds upon the best practices supported by SEL, SBMPs, and compassion-based curricula; goes further than programs such as Inner Explorer, MYRIAD, SEE Learning®, and other leading curricula; and covers the Wholistic Wellbeing of the student.

Rather than narrowly focusing on one aspect of health, the **Roundglass Living Wholistic Wellbeing for Kids and Teens Program** is built on a framework that leverages the synergy and interplay of various mind-body treatment modalities to create a comprehensive, harmonious whole-person health model. The goal? To have young people across the globe flourish throughout their lives.

Wholistic solutions have the potential to build positive peer relationships, foster resilience, and improve social and emotional skills. Our approach acknowledges relationships, environmental impacts, and the interconnectedness between these and other factors that are vital to finding meaningful solutions.

The Roundglass Living wholistic solution to mental health and wellbeing draws on a range of evidence-based mind-body practices, including breathwork, meditation, yoga, mindful living exercises, healthy nutrition, therapeutic music, healthy sleep practices, connection with nature, nurturing relationships, and regular exercise.

How Everything Connects

The Wholistic Wellbeing for Kids and Teens Program is specifically designed for teachers, parents, coaches, and other adults interested in providing a comprehensive and accessible wholistic solution for promoting youth mental health and wellbeing in all children, from kindergarten through 12th grade. Through science-backed mind-body practices and activities based on seven core themes identified to enhance SEL and mindfulness-based curricula, children will learn about the value of physical activity, adequate sleep, mindfulness, a balanced diet, and healthy social connections.

These skills not only support health during school years, but they also lay the foundation for lifelong wellness habits. In essence, a whole-person health approach to youth wellbeing ensures that the complexity and uniqueness of individual health needs are acknowledged and addressed. It equips children and adolescents with the knowledge and skills they need to maintain their health and wellness, support their growth and development, and empowers them to reach their full potential.

The figure on the following page represents the Wholistic Wellbeing for Kids and Teens Program model and introduces you to the seven core themes on which this program is based.

The Roundglass Living Wholistic Wellbeing for Kids and Teens Program Model
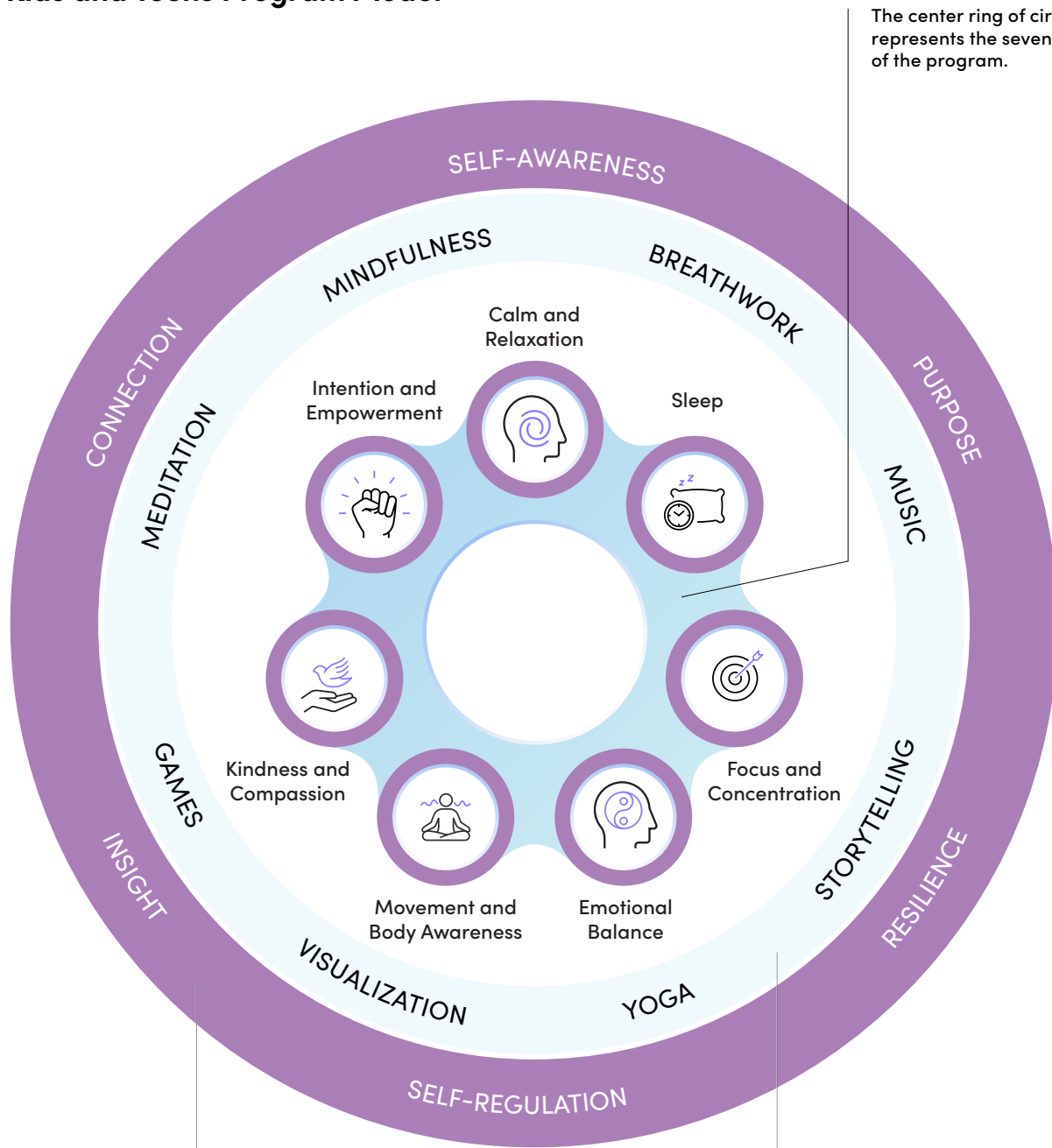
The center ring of circles represents the seven core themes of the program.

SELF-AWARENESS

MINDFULNESS • BREATHWORK • PURPOSE • MUSIC • CONNECTION • MEDITATION

Calm and Relaxation
Intention and Empowerment
Sleep
Kindness and Compassion
Focus and Concentration
Movement and Body Awareness
Emotional Balance

GAMES • INSIGHT • STORYTELLING • RESILIENCE • VISUALIZATION • YOGA

SELF-REGULATION

The outer ring (purple) shows the target mechanisms through which the seven themes are designed to promote Wholistic Wellbeing, including self-awareness and insight, self-regulation, social connection, resilience to life stress, and purpose and meaning in life.

The inner ring (light blue) illustrates the specific science-backed mind-body practices and social and emotion-regulation activities utilized to engage and teach K–12 children the necessary skills for Wholistic Wellbeing and flourishing: breathwork, meditation, mindfulness, visualization, yoga, therapeutic music, games, and storytelling.

Our 7 Core Themes for Wholistic Wellbeing

All Roundglass Living Wholistic Wellbeing for Kids and Teens Program content is organized into seven core themes. Each theme is backed by scientific research and complements SEL initiatives, paving the way for enhanced child development and overall school success.

Intention and Empowerment
Finding Motivation and Empowering Youth

The program educates children on setting intentions, fostering a mindset for positive future outcomes. Unlike specific goals, intentions are the broader purpose behind actions, grounded in one's values and aspirations. They guide how one engages with the world and makes decisions. Teaching children to cultivate intentions empowers them to take charge of their mental health and wellbeing confidently, aligning their actions with their deeper values. This shifts the focus from the pressures of structured goals to embracing a more wholistic view of personal growth and self-empowerment. Intentions differ from goals as they aren't tied to measurable outcomes or set timelines, allowing children to explore their aspirations without the stress of academic or structured objectives.

Movement and Body Awareness
Developing Body Wisdom

One of the key benefits of mindful movement practices is learning how to be fully present, aware, and connected to the body. When children have a strong sense of body awareness, it helps them develop a positive body image and self-confidence. Fostering body awareness is a building block for emotion regulation, as it helps children better understand the connection between their physical sensations and their mental state. Movement and body-awareness exercises are integrated into our activities and guided meditations to instill valuable life skills that promote a balanced and mindful approach to life.

Calm and Relaxation
Finding Inner Calm

Calm and relaxation refer to states of mind and body that are characterized by a sense of ease, tranquility, equanimity, and release of tension and stress. This theme focuses on helping children learn to manage stress and anxiety through relaxation techniques and skills that promote rapid recovery from emotional or physical challenges. Activities include progressive muscle relaxation, deep breathing, and visualization exercises. Grounding activities teach children to use their senses to let go of ruminative thoughts and feel anchored to present-moment sensations and feelings. Animations help children learn paced breathing techniques to calm the nervous system. The guided meditations include relaxing music, like ocean waves, to improve mind-body relaxation.

Sleep
Learning the Science and Practice of Restful Slumber

Restful, restorative sleep allows the body and mind to recuperate and recharge. This theme supports creating healthy sleep habits in children. It includes

meditation stories that can be incorporated into a bedtime routine. The audio content for sleep contains a unique blend of stories, guided meditation, breathwork, and visualization, all set to peaceful music designed to gently guide the listener into a deep, peaceful sleep. Gratitude and playfulness are woven into the storylines to create an engaging and meaningful experience.

Focus and Concentration
Unlocking Focus and Drive

Optimizing focus and concentration involves directing attention and cognitive resources toward a specific task or activity for a sustained period of time. These skills involve maintaining attention, avoiding distractions, and efficiently managing cognitive load. Concentration skills contribute to improvements in mental health and wellbeing by enhancing cognitive functioning, reducing stress, and fostering a sense of accomplishment and satisfaction with one's work. Focus and concentration activities include various forms of breathing and sensory-awareness exercises designed to strengthen attention.

Emotional Balance
Accepting a New Paradigm for Nurturing Emotional Intelligence

This theme focuses on providing children with the tools they need to develop emotional intelligence and help regulate emotions. Emotional intelligence is a set of skills and abilities that enable us to recognize, understand, and manage our emotions and those of others. Guided meditations are designed to help children acknowledge and cope with the full range of emotions. Skills are embedded in the activities to build emotional insight, self-regulation, and resilience.

Kindness and Compassion
Cultivating Kindness and Connection

Compassion involves a deep sense of empathy and caring, including cultivating supportive and helpful behaviors. Team-building games provide a safe environment for children to improve their understanding of others' feelings and respond appropriately. Meditations include engaging stories that model helpful behaviors, strengthen feelings of connection and belonging, and teach mindful-conversation skills.

What Sets Us Apart

The Roundglass Living Wholistic Wellbeing for Kids and Teens Program draws upon several key programmatic elements that set it apart from other mind-body programs designed for youth (see the following page). Briefly, our program is designed by neuroscientists and mindfulness education experts; made to be interactive, featuring engaging content and digital programs that maximize accessibility and reach; grounded in research-driven mindfulness and SEL skills; and uniquely constructed to offer specialized therapeutic music throughout—all culminating in a science-backed whole-person health model as articulated in our seven core themes of wellbeing.

Specialized Therapeutic Music for Guided Meditations

The use of specialized music in guided meditations is a unique and innovative feature of the Roundglass Living Wholistic Wellbeing for Kids and Teens Program. Research shows some types of therapeutic sounds and music can have a profound impact on mental health, reducing stress, anxiety, and symptoms of depression. Certain sounds (such as white, brown, or pink noise) have been found to improve sleep quality, especially in noisy environments.[54]

The program also embeds therapeutic or healing sound frequencies called isochronic tones throughout the musical scores. Isochronic tones make use of a single, barely noticeable tone, turned on and off at a specific rhythm, to create a distinct pulsating sound. They have been shown to influence brain wave activity through what's called brain wave entrainment—a process by which external rhythmic stimuli synchronize brain waves to a specific

Unique Programmatic Elements of the Roundglass Living Wholistic Wellbeing for Kids and Teens Program

Increased Accessibility and Reach
- The digital platform provides cost-effective, accessible support 24/7.
- No experience in neuroscience or mind-body practices required.
- No prep work or heavy lift required.
- Accessible for underserved and diverse cultures.
- Available to all ages.
- Easy to use in and out of the classroom.

Designed by Experts
- Science-backed content.
- A comprehensive, well-designed program, targeting essential skills for thriving and resilience.
- Meditations are led by neuroscientists who are also mindfulness experts and teachers.

Specialized Therapeutic Music
- Music sets the tone, making meditation feel easier and more natural for kids.
- Original music scores are composed with healing frequencies that are designed to stimulate desired brain states (e.g., sleep, empowerment, relaxation).

Interactive and Engaging Content
- The use of creativity, interactive games, tech-smart solutions, and animations is designed to be enjoyable and keep kids engaged.
- Personalized, age-appropriate skills are embedded into content.
- The program meets teens where they are, providing positive developmental learning experiences online.

The Whole-Person Health Model
- The program offers content covering the complete spectrum of a person's physical, emotional, cognitive, social, and environmental health.
- Addresses the needs of access to high-quality care for the whole individual.
- Helps build healthier environments for children.

Science-Backed Mind-Body, Social, and Emotion-Regulation Skills
- The program combines breathwork, guided meditation, movement, visualization, relationship skills, connecting with nature, and storytelling to integrate effective skills of mindfulness and SEL, maximizing learning and enhancing wellbeing outcomes.

frequency and increase positive health outcomes.[55] Recent research suggests that lower frequencies, such as delta (0.5 to 4 hertz), are linked to deep sleep and relaxation, while higher frequencies, such as alpha (8 to 13 hertz) and theta (4 to 8 hertz), are linked to relaxation, meditation, alertness, focus, and creativity; the highest frequencies in the gamma band (25 to 42 hertz) are tied to enhanced sensory perception and integration, as well as improved cognitive abilities, including memory, attention, and problem-solving.[55] Benefits of these healing sounds include a reduction in stress, improved focus and concentration, enhanced creativity, deep relaxation, and altered states of consciousness.[56]

Another unique therapeutic feature of the Roundglass Living Wholistic Wellbeing for Kids and Teens Program is the use of solfeggio sound frequencies, a set of six frequencies (396 hertz, 417 hertz, 528 hertz, 639 hertz, 741 hertz, and 852 hertz) that originated in ancient Gregorian chants and are thought to promote balance and healing.[57] In addition, the frequency of 432 hertz is included in the program's music as evidence supports the use of this frequency to reduce stress and anxiety.

Each frequency is believed to correspond to specific aspects of human experience and consciousness; based on those associations, we assigned seven different frequencies to each core theme (see below). For example, the 432 hertz and 528 hertz frequencies have been found to promote relaxation, reduce stress and anxiety, and improve sleep.[58]

Core Themes and Frequency Associations
Frequency associations are based on historical, anecdotal, and scientific evidence.

FREQUENCY (HZ)	THEME	FREQUENCY ASSOCIATIONS
396	Emotional Balance	Releasing fear, navigating negative emotions
417	Movement and Body Awareness	Challenges, change
432	Sleep	Balance, earth resonance, stress reduction
528	Calm and Relaxation	Love, stress reduction
629	Kindness and Compassion	Relationships, harmony
741	Focus and Concentration	Seeing clearly
852	Intention and Empowerment	Awakening

Integrated, Science-Backed Mind-Body, Social, and Emotion-Regulation Content

As noted, the Wholistic Wellbeing for Kids and Teens Program weaves together a variety of science-backed tools to create a robust program that addresses whole-person health.

Breathwork and mindful breathing. Breathwork in this program centers on diaphragmatic techniques that deepen breathing and enhance lung capacity, lowering stress hormones and improving focus and mood.[59] To engage students, exercises like Lion's Breath are creatively reimagined, combining play and imagination with forceful exhalations and facial stretches that stimulate the vagus nerve (a cranial nerve responsible for inducing relaxation) while also increasing alertness. This activity introduces fun and helps kids release tension and maintain concentration.

Mindful breathing anchors our breathwork practices, enhancing present-moment awareness, acceptance, and concentration. This is essential for fostering stable attention and managing the fluctuations of thoughts and emotions, providing a strong foundation for meditation and overall wellbeing.

Guided meditations. Guided meditation for youth involves structured practices led by an expert teacher and step-by-step guidance through relaxation techniques, visualization, and mindfulness exercises. These practices are designed to support the seven major themes and more generally help young people manage stress, anxiety, and other emotional challenges. Guided meditations include age-appropriate visualizations and storytelling that help keep participants mindful and engaged throughout the practice.

Games and group activities. The program incorporates group games and interactive activities specifically crafted to nurture connection among participants. To match the boundless energy of youth, many activities involve physical movement, encouraging practitioners to embody the skills and concepts they're learning. Grounding techniques, vital for effective coping, are introduced through imaginative exercises designed to spark innate curiosity and foster a deeper appreciation for everyday objects in their surroundings. For instance, we guide children to create a "viewfinder" with one of their hands, forming a circle to peer through with one eye. By mindfully observing an object through this viewfinder, children sharpen their concentration and awaken a profound sense of wonder. This connection with objects in their environment helps them stay rooted in the present moment, offering valuable tools for enhancing focus, managing emotions, and cultivating feelings of gratitude.

Animated online activities. Brief, easy-to-follow animated activities are designed for teens to perform on their own, including mood-boosting stretches and beautiful animations that guide deep breathing to calm the nervous system. Activities include evidence-based methods (like box breathing) that are animated to demonstrate when to inhale, hold, and exhale. Narration is designed to appeal to youth; for example, "Box breathing might seem simple. But don't be fooled—it's powerful. U.S. Navy SEALs use box breathing to stay calm and focused under pressure. For maximum benefits, sit tall, relax your shoulders, and try to breathe through your nose if you can. This video will guide you through several rounds to leave you with a mindset of cool concentration."

Stories and visualization. Storytelling is vital to our meditations because it draws young people in, capturing their attention. Each of our stories involve visualizations that stimulate creativity and subtly enhance the key learning points of our Wholistic Wellbeing framework. For example, the program's sleep stories feature characters that demonstrate skills like mindfulness, deep breathing, gratitude, and relaxation. Ultimately, each story gently encourages the young listener to drift off to a peaceful place. To improve deep sleep, each story also includes the calming, healing tones of this program's specialized music.

Mechanisms of Change

Five specific biopsychosocial mechanisms have a significant role in enhancing various aspects of mental health and wellbeing: self-awareness, self-regulation, connection, insight, and resilience. All have been shown to have salutary effects on our brains and bodily systems, contributing to improved emotional intelligence, adaptive coping, positive relationships, and personal growth.

Building Self-Awareness and Insight

Self-awareness and insight are essential mental health tools for young people. Self-awareness allows them to identify their emotions and choose responses over reactions. Insight delves into why they feel and behave a certain way, aiding emotion regulation. Recognizing stressors and irrational beliefs, children can better cope with challenges and fear of future outcomes. Self-awareness also helps them notice unhelpful thought patterns that may block problem-solving, whereas insight fosters a constructive approach to obstacles. Moreover, self-awareness improves understanding of personal communication styles and relationship triggers, while insight promotes empathy and effective interaction, leading to stronger social bonds.

Mastery of Self-Regulation and Resilience

Gaining a deeper understanding, acceptance, and a positive perspective on inner experiences and motivations opens the door to self-reflection. This, in turn, enhances mental clarity and improves management of challenging thoughts, emotions, and behaviors in response to the environment. In addition to fostering self-awareness and insight, self-regulation involves enhancing equanimity—a skill that enables emotional and attentional stability in the face of challenges, fostering acceptance rather than avoidance. As a result, maladaptive mental habits, including biases in attention and emotion, gradually diminish and are replaced by more adaptive coping strategies. Developing the abilities to quickly recover from setbacks, navigate adversity, and build psychological resilience contributes significantly to improved mental health, adaptive coping, and thriving.

Fostering Connection

In the realm of mental health tools for youth, connection relates to meaningful relationships and a sense of belonging. This involves engaging in prosocial behaviors (such as acts of kindness and empathy) that directly benefit others

and contribute to the greater good, like volunteering at a local shelter or participating in community service projects. These practices play a pivotal role in reducing feelings of isolation and loneliness, both of which are known risk factors for poor mental health among young people. By encouraging helpful activities that promote connection, we're positively impacting individual wellbeing while nurturing a healthy community.

Finding Purpose and Meaning

Developing a sense of purpose and meaning provides a strong foundation for stress resilience. When youth have a clear understanding of what matters to them, it becomes easier to navigate challenges and setbacks. People who feel that their actions have meaning are less likely to experience depression and anxiety and will feel motivated to keep engaging in activities that contribute to their wellbeing. A sense of purpose and meaning can therefore act as a buffer against stress and contribute to a positive self-image and a greater understanding of one's place in the world.

Safety Monitoring and Ethical Considerations

In our Wholistic Wellbeing for Kids and Teens Program, we focus on wellbeing for youth through activities and meditations that align with trauma-informed principles. We aim to guide leaders in fostering secure, inclusive spaces for children to feel safe and comfortable. We recognize the delicate nature of SBMPs and SEL programs and carefully approach introspection to avoid triggering distress. We encourage regular monitoring of student responses to mindfulness practices and extra support where needed. Our program promotes open dialogue and takes a proactive stance on emotional safety. When students need help, teachers and parents are encouraged to use the resources provided at the end of this white paper.

Measuring Success

When implementing new programs in schools, thoughtful measurements to evaluate progress and measure success must be implemented. Assessment methods can also flag areas of concern or improvement. Here are some tips for principals and schools to consider regarding assessments and feedback.

Define measurable goals. Prior to launching the program, clearly articulate specific measurable objectives. Involve teachers, parents, and students in setting these benchmarks so they reflect the needs and expectations of all stakeholders.

Track progress continuously. Regularly assess the program's effectiveness through ongoing evaluations. This can provide real-time feedback on the program's impact and help identify patterns of success and potential improvement.

Motivate participation. Foster engagement by rewarding participation. Offer badges or certificates for completing lessons or reaching wellbeing milestones. Additionally, provide tangible rewards, such as gift cards or school supplies, to incentivize consistent involvement. Encourage family involvement by inviting parents to engage with program elements from home.

Ensure emotional safety. Since mindfulness exercises can sometimes bring up negative emotions, a system to monitor participants' reactions is vital. After an activity, self-reflection (such as asking, "How did you feel during the session?") can offer insights, though be mindful that group settings may inhibit honest sharing. Train students to observe signs of distress and have a protocol to offer additional support or referrals if needed.

Perform in-depth outcome analysis. Use a mix of qualitative and quantitative data, along with observational insights, to assess changes in student and teacher behavior and wellbeing. Include both pre- and post-intervention evaluations with validated measures for anxiety, stress, sleep, etc. to track progress. Direct skills assessments (with benchmarks such as "This mindfulness program helps me focus better") can gauge program utility.

Integrate feedback. Act on feedback from students, teachers, and parents. Tailor surveys to be age-appropriate and reflect the program's language.

Communicate transparently. Share the program's successes and challenges with all stakeholders and use this data to continually refine and improve the program's design and implementation.

Adhering to these steps helps to establish a thorough assessment framework, increasing the program's positive influence on the school community.

Conclusion and Action Steps

The Roundglass Living Wholistic Wellbeing for Kids and Teens Program has the power to transform students academically, emotionally, socially, and behaviorally. By integrating evidence-based mind-body practices and addressing the core themes of Wholistic Wellbeing, this program can foster personal growth, resilience, and empathy in children from the time they're in kindergarten through 12th grade. By embracing the Wholistic Wellbeing for Kids and Teens Program, educational institutions can pave the way for a brighter future where students are equipped with essential life skills, a profound sense of self-awareness, and a compassionate connection to the world.

Empowering the Next Generation: Skill-Building Resources and Tips for Parents, Teachers, and Teens

Tips for Parents, Teachers, and Other Adults

The primary goal is to create a safe and engaging environment for children to curiously explore their emotions and learn valuable life skills. Here are some things you can do to make the most of this program.

Lead by example. Leading by example is pivotal when implementing mindfulness in K–12 curricula. Studies show that teachers who undergo mindfulness training themselves provide more effective learning experiences with a higher rate of positive student feedback.[46] The Wholistic Wellbeing for Kids and Teens Program, while accessible to all, benefits significantly from educators and parents who personally practice mindfulness. This commitment fosters a community of learning and growth where mindful interactions are modeled and shared. Never pressure children into participation; instead, model the behavior. Treat mindfulness as an enjoyable option, not a compulsory task. Providing choices can benefit the experience.

Be consistent. To build anticipation and routine, establish a regular time for practices like guided meditations, such as after meals or before bed.

Create a calm environment. A quiet and comfortable space is key to making these practices routine. Dim the lights and minimize distractions to create a soothing atmosphere conducive to relaxation and focus.

Reflect and celebrate. Discuss and integrate what has been learned with reflection prompts and active listening to validate feelings without trying to change them. Apply mindfulness practices to everyday situations (like using deep breathing to manage emotions) and celebrate your child's progress.

Keep it light and fun. Maintain a playful and interactive approach, allowing children the freedom to lead and personalize their experiences. Be patient; children absorb concepts at their own pace. Encourage their curiosity, exploring questions together without pressure to immediately understand. Over time, these principles will naturally integrate into daily life.

Uses in the Classroom

A readiness tool. Listen to an audio meditation together as a group to prepare for optimal learning or performance. Meditations are brief, so this implementation strategy requires only three to five minutes. Meditations for specific contexts can be found across the thematic modules.

Part of a health and wellbeing class. Use in class or assign for homework as part of the curriculum to cultivate qualities of calmness, concentration, connection, and emotional balance.

An icebreaker or group bonding. Activities in the program's Kindness and Compassion theme are an ideal starting point to kick-start a positive group experience.

Homework. Assign a guided meditation for homework to encourage kids to practice on their own or for a home activity to do with other family members.

Tips for Teens

Be consistent. Building mental resilience is like a physical workout—it requires practice. Find a daily slot for mental exercises, such as before bed or around dinner, and stick to it.

Apply it. Incorporate these practices into areas of your life where you need them most. Use breathwork before studying to improve focus, or meditate before sports practice or games for better performance. Mindful practices can also promote restful sleep. Use mindfulness and breathwork as healthier alternatives to worrying or aimless scrolling.

Honor the process. Remember, meditation can be challenging; increased mental chatter is a normal part of the process. Stay open to the program, even if it feels strange at first. Positive changes will gradually appear. If it becomes overwhelming, seek professional help.

Find a buddy and share your experiences. Consider partnering with a friend for motivation and accountability. Sharing experiences can strengthen practice and extend benefits to others. Adapt activities from the program for use in group settings, like clubs or teams, for icebreakers or team building.

Make it your own. Customize the program to suit your preferences. Use the techniques you've learned as tools to manage stress and emotions. For instance, practice grounding techniques during emotional moments or use relaxation exercises for anxiety-triggering events.

Track your progress. Finally, keep a journal to monitor your progress and reflect on the gains you're making.

Resources

SUICIDE PREVENTION

If feelings of anxiety turn toward suicidal thoughts, call 911 immediately.

In the U.S., contact the 988 Suicide & Crisis Lifeline if you or your child need crisis support. Simply call or text 988 to be connected to a trained crisis counselor. You can also connect to the online chat at 988lifeline.org /chat. The 988 Lifeline is confidential, free, and available 24/7/365.

MENTAL HEALTH RESOURCES

National Alliance on Mental Illness (NAMI) HelpLine, 800-950-NAMI (6264).

Teen Line, 800-TLC-TEEN (800-852-8336) or 310-855-HOPE (4673).

MentalHelp.net Anxiety Hotline Number, 888-993-3112.

Therapy Directory at Psychology Today; search by country to find a mental health professional.

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Contact Us

Have questions or need support during or after the program? We are here for you. Reach out to support@roundglass.com.

Suggested Citation

Roundglass Living. *A Wholistic Solution for Mental Health and Wellbeing in Youth.* White paper, Roundglass, 2024.

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