

BUDDHISM

MEDITATION



RAISE YOUR VIBRATIONS

BY MONI TRIV

AIF PROJECT · THEBARTON SENIOR COLLEGE

PUBLISHED SEPTEMBER 2026

About This Booklet

This booklet is for young people who want a simple, practical way to manage everyday stress. Whether it's schoolwork, exams, friendships, or worrying about the future, many teenagers feel pressure that can be hard to handle. Mindfulness meditation is a tool that can help.

This booklet brings together my own experience as a Buddhist monk and research into how mindfulness helps young people, to give you clear explanations and simple, step-by-step techniques you can use anytime: before a test, after an argument, or whenever things feel overwhelming.

Stress among young people is more common than many realise. A 2024 Australian study of nearly 4,000 Year 12 students found that almost 1 in 3 reported high psychological distress in the past four weeks, with pressures ranging from academic expectations to financial concerns and uncertainty about the future (Edwards & Arnup, 2024, Australian National University). If you've felt this way, you're not alone, and there are simple things you can do about it.

1 in 3

Year 12 students reported high psychological distress in the past four weeks.



PLEASE READ

A Note Before You Begin

Mindfulness meditation is a helpful tool for managing everyday stress, but it is not a replacement for professional support. If you are going through serious difficulties with your mental health, please reach out to a trusted adult, a school counsellor, or a health professional. You deserve support beyond what a booklet can offer.



TWO

The Pause

Stress doesn't only show up before a test. It can also happen after an argument with a friend, when you feel misunderstood or upset. Instead of reacting straight away, mindfulness gives you a moment to notice what you're feeling, maybe a tight chest, racing thoughts, or the urge to snap back, before deciding how to respond. That small pause can change the whole outcome of the conversation.

Practical Meditation Strategies for Students

01 Short Breathing Pause (1 to 3 minutes)

Used before exams or stressful situations. Helps calm the mind quickly.

02 Daily Practice Routine

Morning or night meditation (10 to 15 minutes). Builds consistency and habit.

03 Managing Distractions

Accept that thoughts will arise. Gently refocus without frustration.

04 Emotional Awareness Strategy

Notice physical signs of stress (e.g. tension, fast thinking). Helps students regulate emotions.

Personal Stress Scale

Use this scale to check in with yourself before and after you practise.

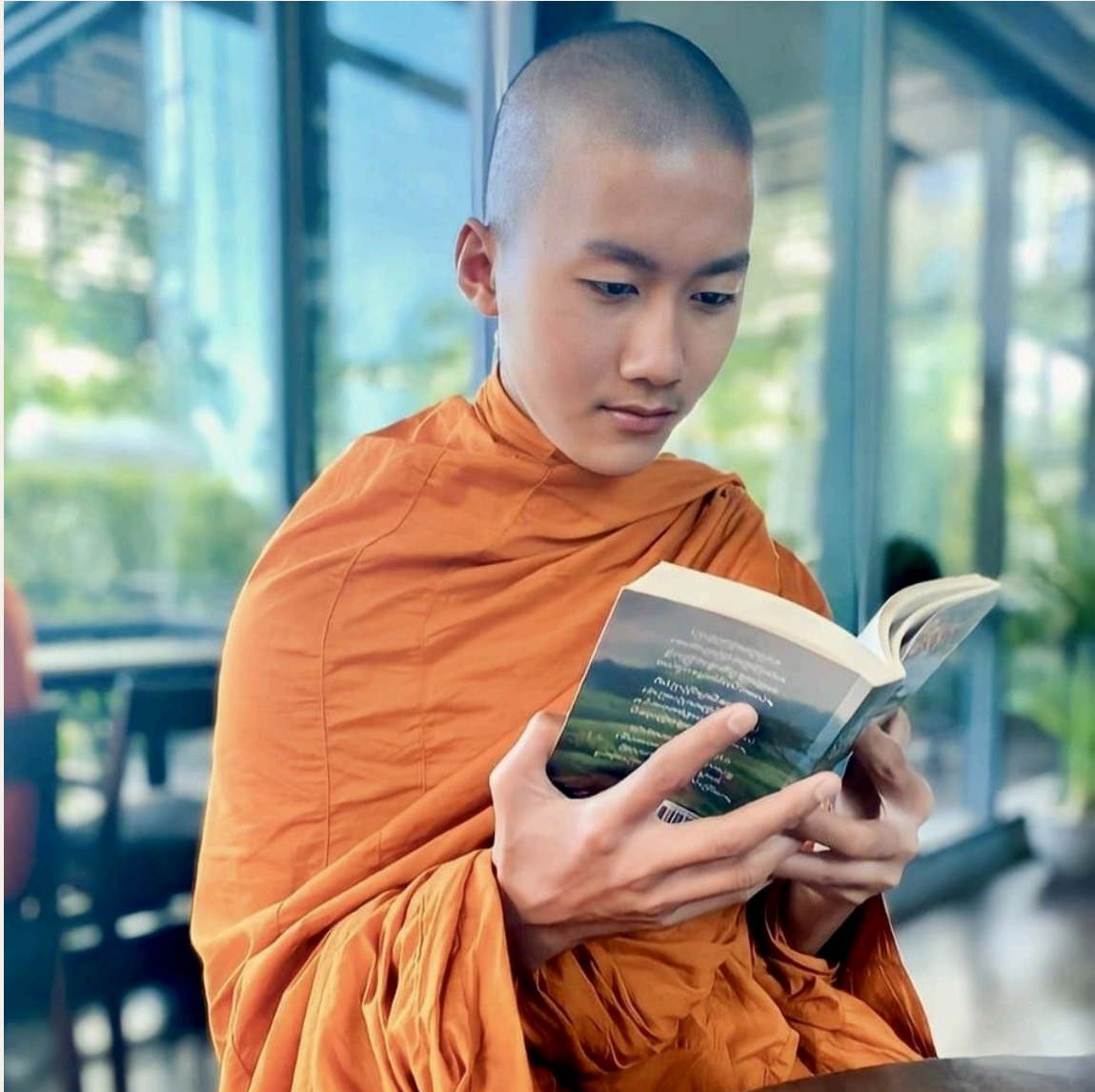
Over time, you may notice your numbers start to drop.

- 1** **Completely calm** – clear thinking, peaceful
- 2** **Very relaxed** – stable mood, no tension
- 3** **Mild stress** – slight worry, small distraction
- 4** **Moderate stress** – noticeable concern, less focus
- 5** **High stress** – irritability, racing thoughts
- 6** **Very stressed** – strong anxiety, difficulty sleeping
- 7** **Extremely stressed** – overwhelmed, panic, cannot focus

TIP Rate yourself before you meditate, then again afterward. Tracking this over a few weeks can help you see whether the practice is working for you.

THE AUTHOR

Moni Triv



BUDDHIST MONK · AUTHOR OF THIS
BOOKLET

AIF PROJECT, THEBARTON SENIOR
COLLEGE

SOURCES

References

Edwards, B. & Arnup, J. (2024). New research shows Year 12 students face many pressures. Australian National University / The Conversation. <https://research.anu.edu.au/research-innovation-news/new-research-shows-year-12-students-face-many-pressures-far-beyond-study>

Healthdirect Australia. (2024). Stress in young people. <https://www.healthdirect.gov.au/stress-in-young-people>

Mindful Schools. (2023). What is mindfulness? mindfulschools.org

Miskovic, F.C. & Milas, G. (2025). Mindfulness reduces adolescent depression through stress appraisal and cognitive reactivity. *Medicina*, 61(7). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC12299247/>

Whitfield-Gabrieli, S. (2023). Mindfulness meditation and teen mental health. *Nature Mental Health* / Northeastern University. <https://news.northeastern.edu/2023/11/13/mindfulness-meditation-teen-mental-health/>

Yadav, G.S., Cidral-Filho, F.J., & Iyer, R.B. (2021). Using heartfulness meditation to improve teenage mental wellbeing. *Frontiers in Psychology*, 12. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8554296/>

BY MONI TRIV

Produced as part of the AIF Project at Thebarton Senior College.

First published September 2026.