

REIMAGINE

Center for
healthyminds
UNIVERSITY OF WISCONSIN-MADISON

ANNUAL REPORT
Fiscal & Calendar Year

•
2025





2025 IN REVIEW

This past year has underscored the critical need for accessible and effective wellbeing solutions. The World Health Organization continues to highlight the global rise of mental health challenges. Issues like climate change and political division are deepening these concerns.

The Center for Healthy Minds (CHM) and Humin, formerly Healthy Minds Innovations (HMI), believe that wellbeing skills can be learned and are key to a kinder, wiser, more compassionate world. We are dedicated to rigorous research, and products, programs and services that strengthen the ability to flourish—in individuals, organizations, communities and for the planet.

As we reflect on the remarkable progress of our organizations within the last year, we are deeply grateful for your continued support. Your generosity has been instrumental in enabling us to dramatically expand and accelerate our efforts and to scale our impact.

This report highlights key accomplishments over fiscal and calendar year 2025, across our research, products, programs, services and community engagement efforts, demonstrating how your contributions are enabling us to nimbly respond to extraordinary opportunities and to achieve innovative breakthroughs.

With gratitude,

RICHARD J. DAVIDSON
FOUNDER AND DIRECTOR,
CENTER FOR HEALTHY MINDS, UW-MADISON
FOUNDER, HEALTHY MINDS INNOVATIONS

CHRISTINA GLAVAS
CHIEF EXECUTIVE OFFICER
HUMIN, FORMERLY HEALTHY MINDS
INNOVATIONS

SCIENCE

CENTER FOR HEALTHY MINDS MISSION

To cultivate wellbeing and relieve suffering through a scientific understanding of the mind

Center for
healthyminds
UNIVERSITY OF WISCONSIN-MADISON

A SHARED VISION

A KINDER, WISER,
MORE COMPASSIONATE
WORLD

IMPACT

HUMIN MISSION

To make wellbeing real by translating and bringing cutting-edge science into daily life so every person and community can flourish.

humin

KEY HIGHLIGHTS



Making Wellbeing Real

For more than a decade, our work has focused on expanding access to science-backed tools that help people build healthier, more resilient minds. Today, that impact is reaching further than ever, supporting individuals, organizations, schools, and communities around the world with practical, research-driven ways to improve wellbeing at scale. This growing reach and real-world impact are reflected in our evolution to **Humin**, a name that represents who we've become: a global organization dedicated to turning decades of scientific insight into everyday tools, programs, and systems that help millions of people. More than a new name, it signals a deeper commitment to making wellbeing accessible, to empower people everywhere to flourish.



Critical Work for Scale: Wellbeing Science Services

Humin has expanded its work bringing the science of wellbeing into real-world settings through collaborations across hospitality, technology, healthcare, education, consumer sectors, and government.

These partnerships reflect a growing need for practical, science-based approaches to wellbeing in a rapidly changing world. Through this work, we are translating research into tools and services that support people where they live and work.

This also marks the early stages of a new earned revenue model, one we are piloting across industries to sustainably extend our mission and impact.



Bringing Wellbeing Science to the Global Conversation

In 2025, Humin reached a major milestone in translating rigorous science into accessible tools and insights for people and organizations worldwide. That growing impact took center stage globally through media features in *Mashable* and *Fast Company*, and thought leadership speaking engagements on platforms like TEDx, Happiness@Work Prague, and the Pew Charitable Trusts.

Industry recognition, including a HLTH Expo award for digital innovation in preventive care among pioneering health startups, further affirmed the value of this work. Together, this momentum helped fuel the launch of new, accessible offerings—like the free Emotional Styles Quiz and targeted courses for business leaders—bringing practical wellbeing tools to even more people.



Financial Stability in the Face of Uncertainty

CHM received more than \$9 million in fiscal year 2025 despite a landscape of significant federal cuts and restrictions. Notably, donor contributions represented 43% of our total funding (\$3.9M), alongside \$5.1M in grant awards. Such diversified funding provides a critical foundation for original, rigorous wellbeing science, and programs.



Prolific Publications

Publishing scientific papers not only showcases CHM's rigor, leadership in the field and ability to secure funding, but also moves the Center toward global impact. CHM experts and colleagues published over 85 scientific/scholarly articles in respected and top-tier scientific journals in FY and Fall 2025. Themes exploring interventions for suicidality, trauma recovery, asthma and brain health, as well as digital wellbeing training and psychedelic use were prevalent.

[See a list of all Center publications >](#)

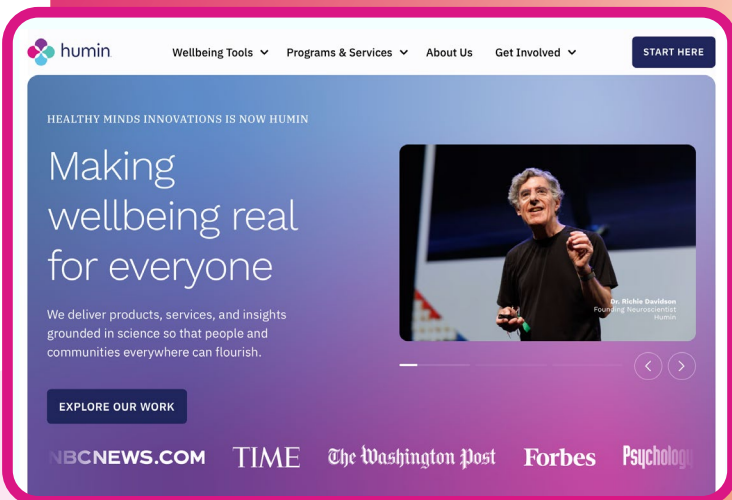


Innovative Initiatives

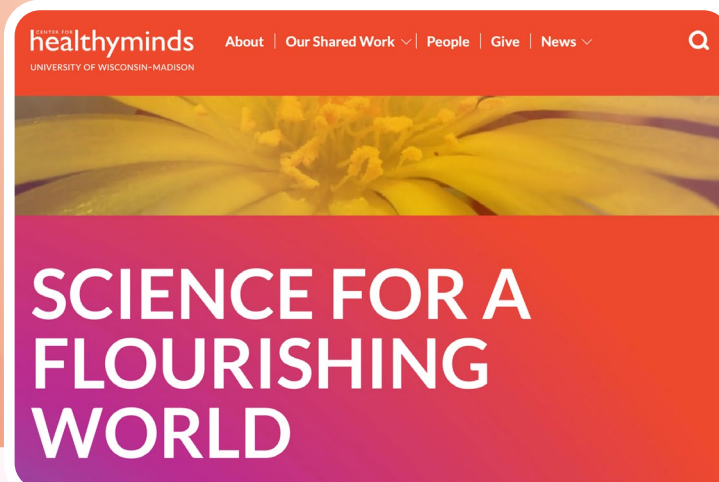
CHM program directors launched exciting new work in 2024/25, that grows the scope, reach and format of research and its impact. Key highlights include:

- The launch of the MUSE Initiative, led by Dr. Dalal Abu Amneh. MUSE is a collaborative research and practice-based initiative aimed at exploring and harnessing the healing power of music and the arts.
- The premiere of **Sacred Wisdom Sacred Earth**, a compelling feature-length documentary on how the efforts of the Native tribes of Wisconsin to restore their spiritual, cultural, and environmental resilience is rooted in their sacred connection to the land and waters of the Great Lakes. The documentary was a community-led project as part of the **Loka Initiative**.

Check out our new websites!



Engage with Humin and CHM in new ways. Our reimagined websites are filled with fresh and useful content for you to explore. Learn more about our research, programs, people, tools and services at humin.org and centerhealthyminds.org.



is to support suicide-prevention efforts, especially for those at high risk. The research is supported by \$14 million from the Defense Advanced Research Projects Agency of the US Department of Defense (DARPA). A multidisciplinary UW-Madison research team leads the project, which includes CHM, the Wisconsin Institute for Sleep and Consciousness, and Humin.

The BeWell Study

Data collection has wrapped for The Behavior, Biology and Well-Being (BeWell) Study, the first large-scale randomized controlled trial of the Healthy Minds Program app in depressed participants, integrating highly novel biological and behavioral measures, including inflammatory markers and microbiome measures. As of April 2026, the following publications have emerged from this work: *Designing an Affective Mobile Probe to Measure Smile Dynamics in Depression*, and *Identifying vocal and facial biomarkers of depression in large-scale remote recordings: A multimodal study using mixed-effects modeling*, with primary outcomes scheduled to be revealed midyear. Through this study, researchers aim to clarify how simple brief wellbeing practices delivered through the Healthy Minds Program impact experience, behavior

and biology to increase wellbeing. This work is a unique collaboration between CHM, Humin, the Wisconsin Institute for Discovery, and colleagues at Northwestern University and MIT.

The Educator Wellbeing Study

Education is a critical sector for CHM and Humin. Researchers have been able to directly demonstrate the efficacy of the Healthy Minds Program app, for educators and the impact on the students they teach. The findings from this research provide a critical foundation for embedding and scaling these solutions within school districts across the country.

Dr. Matt Hirshberg and team are reporting results from a major study in the Jefferson County Public School District in Louisville, KY, on the benefits of the Healthy Minds Program for educators and school system staff. The study also included assessment of distal effects on student achievement. The team is also collaborating with colleagues at the University of Alabama on a study using the Healthy Minds Program app with preservice teachers for the first time.

The EmoGo Study

National data collection is complete for the EmoGo Study. The research, led by **Dr. Christy Wilson-Mendenhall**, aims to address high rates of depression, anxiety, loneliness and lack of purpose that are taking a toll on mental and physical health. Some of the unique measures included in the data collection were facial expression, tone of voice, and natural language from videos recorded on smartphones. This information will be used as signals to deliver short, algorithm-triggered wellbeing practices in the Healthy Minds Program app—at the moments people need them most. Study participants recorded videos describing how they were feeling, resulting in over 66,000 clips. This “video selfie” method provided a rich and unique set of data, reflecting a person’s daily life experience. These videos were analyzed using models that look for patterns in people’s faces, voices, and words that may signal how they are feeling. This research is supported by a contract from DARPA for over \$3 million.

Positive Results from Study of Digital Wellbeing Training for Mexican Healthcare Providers

Researchers from CHM and AtentaMente, a non-profit organization in Mexico that specializes in mental and socio-emotional training, have released evidence that a scalable, digital wellbeing training can improve healthcare provider mental health and wellbeing. Led by **Dr. Matt Hirshberg**, the study is one of the first large-scale

randomized controlled trials of a remotely delivered wellbeing program for healthcare providers and was published in *JAMA Internal Medicine*. The study used an intervention developed by AtentaMente, called the Integrative Stress Toolbox for Healthcare Providers, with support content from Humin’s Healthy Minds Program app. A new paper from the team examines whether healthcare facilities involved in the intervention saw better patient outcomes than those that were not, and how both compare to national averages across Mexico. Exciting updates about additional related results to this study are expected in 2026.

NEWLY LAUNCHED STUDIES

ADAPT

Aim: To improve the Healthy Minds Program app, by making it more personalized, providing a low-cost way to support mental health for more people.

Lead scientist: **Dr. Simon Goldberg**, with Dr. Tammi Kral and **Dr. Raquel Tatar**

COMPASS

Aim: To understand how adding human support can improve the HMP app and make mental health digital tools more effective and accessible.

Lead scientist: **Dr. Simon Goldberg**, with Dr. Joanna Hong and **Dr. Raquel Tatar**

TeenWell

Aim: To learn whether smartphone apps can reduce depressive symptoms and promote wellbeing in teenagers.

Lead scientist: **Dr. Matt Hirshberg**

Collaborative Studies Update

The **Healthy Minds Program app** is built on a scientific framework developed by **Dr. Richard J. Davidson**, **Dr. Cortland Dahl**, and **Dr. Christy Wilson-Mendenhall**. The science behind the App has been shown to improve wellbeing across communities, including workplace, healthcare, emergency response, caregiving, and education populations. In addition to these contributions to wellbeing science and global wellbeing, the App continues to serve as an important research intervention tool in scientific studies, like those listed below.

The Strengthening Resilient Emotions and Nimble Cognition through Engineering Neuroplasticity (STRENGTHEN) Study

This critical study is testing a breakthrough, non-invasive form of brain stimulation used during sleep, to improve deep sleep and help people learn meditation-based skills faster during the day. The ultimate goal of the intervention

Center for healthyminds

UNIVERSITY OF WISCONSIN-MADISON

Center for Healthy Minds Review

The Center for Healthy Minds (CHM) at the University of Wisconsin-Madison is a global leader in conducting rigorous scientific research on the processes and mechanisms of wellbeing and its cultivation, as well as outreach programs designed to improve wellbeing in students and elders. It also includes a program connecting inner wellbeing to planetary wellbeing through faith-led environmental leadership capacity building. CHM works to cultivate wellbeing and relieve suffering through a scientific understanding of the mind, with a vision of a kinder, wiser, more compassionate world. To learn more, visit centerhealthyminds.org.

Research Highlights

PUBLISHED RESEARCH

CHM Researchers Use Artificial Intelligence and Millions of Screenshots to Understand Suicide Risk

CHM researchers **found** that nighttime smartphone habits can indicate if someone is more likely to be at risk of suicide the next day. The results also suggest that how and when someone uses their devices may matter more than the total time on them. The latest findings, published in *JNO*, shed light on new ways to understand—and potentially intervene on—suicide risk in adults. This data was also used for published papers in *NPJ Digital Medicine* and *Psychological Medicine*.

Led by Dr. Ross Jacobucci, CHM research assistant professor, and Dr. Brooke Ammerman, CHM affiliated faculty and assistant professor in the University of Wisconsin-Madison Department of Psychology

Mindfulness and Student Executive Function

According to CHM experts, more research is needed to understand how school-based mindfulness programs shape development before adolescence, which represents a critical transitional period. A study published in *Applied Developmental Science* helps fill this gap. In fifth grade classrooms, teachers were first trained in mindfulness, fol-

lowed by their students. Students showed improved cognitive flexibility on standardized behavioral assessments and greater gains in social-emotional learning compared to those in the control group.

Led by Dr. Lisa Flook, former CHM scientist

From Simple Mechanics to Complex Dynamics: A Dynamical Systems Science of Mindfulness and Meditation

The Observing Minds Lab at CHM published a milestone paper in *American Psychologist*, that suggests a new way to study meditation's effects on the mind and brain. To date, meditation research has examined key processes like attention, emotion regulation and stress reduction, separately. This work has been important for building a scientific foundation. The paper opens the door to deeper insight and progress in contemplative science. Rather than studying meditation as a set of separate components, it proposes understanding it as a complex, evolving system in which mental processes continuously interact, influence one another, and change over time, often leading to lasting psychological changes.

Led by CHM Core Faculty Dr. Amit Bernstein

Ensuring Efficacy in Digital Mental Health Tools

Despite growing interest in digital mental health tools, many studies evaluating these apps still lack strong methodological rigor. In a comprehensive review published in *BMJ Mental Health*, researchers examined the quality of randomized clinical trials for mental health apps and found significant gaps in study design. This highlights the need for higher-quality research to ensure these tools deliver safe and effective support. The work was a collaboration between scientists at the Center for Healthy Minds, Deakin University, Brown University, and Harvard Medical School.

Led by Dr. Jake Linardon, Associate Professor at Deakin University in Melbourne, Australia, with Dr. Simon Goldberg, CHM Core Faculty

Contemplative Practices and the Movement Toward a More Just Criminal Legal System

Traditional mental health approaches often fall short for people impacted by—and working in—the criminal legal system, because they focus on individual change while overlooking the broader systems that shape wellbeing. A paper published in the *American Journal of Orthopsychiatry* explores community-centered approaches to advance wellbeing in this system through the introduction of contemplative practices. The work reflects on nearly a decade of engagement with both police officers and formerly incarcerated individuals, highlighting the universality of trauma and the erosion of humanity for all those wrapped up in the system. The authors call for a reimagining of the criminal legal system to center transformative approaches to justice, suggesting that the thoughtful integration of contemplative practices can help bring about a truly “just” justice system.

Led by **Dr. Dan Grupe**, CHM Research Assistant Professor

Can Psychedelic Use Benefit Meditation Practice?

Meditation and psychedelics are each gaining attention for their potential therapeutic benefits—but researchers are now asking what happens when they intersect. A study published in *PLOS One* examined whether and how psychedelic experiences may influence meditation practice, exploring whether meditators find added benefit from combining the two.

Led by CHM graduate student **Zishan Jiwani** and Core Faculty member **Dr. Simon Goldberg**, along with collaborator and Core Faculty member **Dr. John Dunne**

ONGOING RESEARCH

Data Collection continues for the Asthma and Brain Health Study

Data collection has reached the halfway point for the **Asthma and Brain Health Study**, also called (MAIA) Microglial Activation in Asthma. The study will help researchers understand how asthma affects brain health and long-term risk for dementia. It uses cutting-edge brain imaging to detect early signs of deterioration in brain integrity associated with airway inflammation.

Led by **Dr. Melissa Rosenkranz**, CHM Core Faculty, in partnership with physicians in Asthma, Allergy and Critical Care Medicine and UW–Madison Department of Radiology

Can Mindfulness and Community Break the Cycle? New CHM Study Seeks to Support Mental Health After Incarceration

A **new study** is bringing mindfulness and other well-being practices to formerly incarcerated individuals, supporting mental health during the vulnerable period of reentry. Sessions are co-facilitated by an expert meditation instructor and peers with lived experiences of incarceration, creating a model that integrates two equally valuable forms of expertise. The work aims to reduce mental health disparities and interrupt recurring cycles of incarceration, particularly in communities that are disproportionately affected by the criminal justice system.

The team has completed development of an 8-week, in-person curriculum, with practices recorded by both mindfulness instructors and formerly incarcerated peers, and has initiated recruitment for a randomized controlled trial that will evaluate the impact of this curriculum on mental health and wellbeing. Funded by a nearly \$700K grant from the National Institute of Mental Health, this work is part of a growing research program at CHM.

Led by CHM Research Assistant Professor **Dr. Dan Grupe**

Scientists Document Slowed Postmortem Decomposition Linked with Meditative State

A **pioneering study** that looks into what occurs to the body after death, is quietly unfolding in Tibetan monastic communities in India. A group of monastics, scientists, medical professionals and forensic experts are working together to explore a rare postmortem meditative state known as “tukdam” in these communities. Researchers from the Center for Healthy Minds at the University of Wisconsin–Madison together with the Russian Academy of Sciences, Tibetan medical experts and senior monastic scholars in the leading Buddhist monastic universities in India are working to document tukdam to gain a deeper understanding of its effects on postmortem physiology and its cultural significance.

Led by CHM Research Assistant Professor **Dr. Tawni Tidwell**

CHM Scientific Community Updates



The Tukdam Project

The **Tukdam Project** is exploring a rare and little-understood post-death meditative state—known as tukdam—observed in advanced Tibetan Buddhist practitioners. In this state, individuals are believed to remain in meditation for days to weeks after clinical death, offering a unique window into the relationship between mind, brain, and the dying process.

This international collaboration brings together monastics, scientists, medical professionals, and contemplative scholars to study tukdam alongside long-term meditation and healthy aging. By investigating the practices that may lead to this state, the team aims to better understand mental, physical, and spiritual wellbeing at the end of life—for both individuals and their communities.

In December 2025, the full research team convened in South India for its first comprehensive training and planning meeting, marking a major step forward in this multi-year effort. The project continues to grow as a 65-person global collaboration and recently launched a new website, tukdamproject.org.



WeMerge Collective

WeMerge is a collective of emerging scholars committed to advancing societal wellbeing through collaborative scholarship, public engagement, and community-rooted impact. This initiative grew from the dialogues and relationships formed at the 2023 Plasticity of Well-Being Summer Workshop, hosted by CHM. What began as an academic conference evolved far beyond networking and teaching, into a diverse, interdisciplinary community, reaching 15+ institutions. The WeMerge collective is dedicated to sustaining these relationships and promoting research that supports wellbeing for all. CHM researchers **Dr. Hadley Rahrig** and **Dr. Christy Wilson-Mendenhall**, along with emerging scholars in the WeMerge Collective, submitted two prospective manuscripts on embodying wellbeing in research, set to publish in 2026.

The Cultivating Justice Co-Laboratory

In 2025, the **Cultivating Justice Co-Laboratory** established a regular meditation practice community of formerly incarcerated people, who participate in monthly drop-ins and longer half-day or weekend retreats. This community provides both introductory opportunities for those new to meditation practice, as well as a space to support ongoing practice after participation in research groups. With financial support from the **Dana Foundation Frontiers Program**, the CoLab has also initiated a “train-the-trainer” program to equip formerly incarcerated community members to share meditation practices with their peers.

First Worldwide Collaborative Consortium for Neuroscientific Investigations of Meditation Practices

CHM Postdoctoral Research Associate **Dr. Hadley Rahrig** and Founder and Director **Dr. Richard J. Davidson** are part of the **first worldwide collaborative consortium** for neuroscientific investigations of meditation practices. Called ENIGMA (Enhancing Neuro Imaging Genetics through Meta Analysis)-Meditation, this consortium will make it easier to combine findings across multiple studies in a rigorous way. This is essential for decision makers to determine what is “evidence-based.”

2025 Center Director Fund Awards

Now entering its fourth year, the CHM Center Director Award funding opportunity provides an annual award of \$25,000 to \$40,000, to support mission-aligned projects and collaborations by CHM faculty, non-tenure-track professors, directors and trainees. This opportunity is possible due to the CHM Center Director Endowment Fund. The unique opportunity supports innovation, collaboration and professional development.

In FY 2025, two awards were given in support of emerging scholars' work:

- To graduate student Danielle Carrol and mentor **Dr. Melissa Rosenkranz** to study the effect of MBSR on biomarkers of neuroinflammation, neuro-degeneration and cellular stress, and their impact on whole-person health and wellbeing.
- To support graduate student Patrick Nolan and mentor **Dr. Dan Grupe** to understand the impact of meditation practices in a community of formerly incarcerated individuals.



CHM Welcomes Dr. Amit Bernstein

The Center for Healthy Minds is **delighted to welcome Core Faculty member Dr. Amit Bernstein**, Professor of Counseling Psychology and Director of the **Observing Minds Lab**. An internationally recognized clinical scientist, Dr. Bernstein's work bridges basic psychological science and real-world impact through a unifying focus on internally directed cognition—the ways people relate to their thoughts, emotions, and bodily states in suffering and flourishing. Through his Looking In Project, he has advanced theory, measurement, and experimental therapeutics targeting internal attention and meta-awareness. Through his Moments of Refuge Project, he has translated these mechanistic insights into trauma-sensitive mindfulness- and compassion-based interventions for forcibly displaced and conflict-affected communities, pioneering community-embedded, interdisciplinary, and globally scalable approaches to mental health recovery. A UW-Madison alumnus who previously served as Professor of Clinical Psychology at the University of Haifa, Dr. Bernstein brings to CHM a distinctive integration of mechanistic science, complexity theory, translational innovation, and humanitarian engagement—expanding the Center's leadership at the intersection of contemplative science, mental health, and collective resilience.



Sarah Short, Melissa Rosenkranz and Simon Goldberg at the Memorial Union Terrace, Photo: Robin Goldman

Three CHM Core Faculty Members Celebrate Tenure Achievement

Congratulations to CHM Core Faculty members **Dr. Simon Goldberg**, **Dr. Melissa Rosenkranz** and **Dr. Sarah Short**, who **celebrated their tenure** in 2025!

PROGRAM UPDATES The Loka Initiative

The Loka Initiative's mission is to serve faith leaders and culture keepers of Indigenous traditions who are working on environmental and climate issues. It does so by co-creating projects with select leaders and community organizations and through a longer-than-usual design phase that focuses first on building trust. Loka's work is to amplify the voices of these leaders and community organizations, to build their capacity, to contribute to their wellbeing, and to support their missions.

A Framework for Deep Resilience in the Anthropocene

The Loka team published their first paper on Deep Resilience, an approach that pursues inner, community, and planetary resilience equally and simultaneously. The open access paper has reached a diverse and wide audience and has been downloaded over 4,000 times so far. It is **available online** and is part of the April 2025 special issue of the *Humanistic Management Journal*; *Awakening to One Another and the Planet: Awareness Practices and Systems Change*.

Mother Earth kinship: Centering Indigenous worldviews to address the Anthropocene and rethink the ethics of human-to-nature connectedness

Led by Loka postdoc Pilar Gauthier and **Dr. Christy Wilson-Mendenhall**, a team of Loka and CHM researchers published an article in the journal **Current Opinion in Psychology**, centering Indigenous worldviews that emphasize reciprocal relationships between people and Nature. This article addresses extraction of contemplative practices from worldviews of interconnectedness, and proposes an ethical framework for respectful, collaborative exchange, grounded in relational accountability.

"Psychology of Deep Resilience" Online Course Updates

The **"Psychology of Deep Resilience; Addressing Ecoanxiety and Climate Distress for Individual, Social and Ecological Well-being"** online course, which launched in Summer 2024 and relaunched in 2026 through the online learning platform edX, has had over 1970 registered learners from 70+ countries, and is the center of a study by CHM

researchers. Currently in its second year, with 578 learners as of Apr 15, participants who engage in the course can opt-in to share their course activities for research purposes. This study, led by CHM Research Assistant Professor Dr. Christy Wilson-Mendenhall, seeks to understand the emotional impacts of the climate change crisis, and the ability to build resilience through contemplative practices.



Leadership celebrate documentary premiere, Photo: Ben Jones

Sacred Wisdom Sacred Earth Documentary Premieres

Sacred Wisdom Sacred Earth, a compelling feature-length documentary on how the efforts of the Native tribes of Wisconsin to restore their spiritual, cultural, and environmental resilience is rooted in their sacred connection to the land and waters of the Great Lakes, premiered in summer 2025 at the Menominee Reservation. The film was featured at the 2025 YWCA Racial Justice Summit in Madison, WI and 2025 Heartland International Film Festival in Indianapolis, and continues private screenings in Tribal communities throughout Wisconsin. "A love song to Mother Earth," the film delves deep into the Great Lakes' Indigenous communities and their relationship with the land and waters there. "It highlights the revitalization of Indigenous lifeways that bring us back to ourselves and connect us forwards and backwards in time, reminding us that we are part of a never-ending interconnected web of life, care and responsibility," says Loka director **Dekila Chungyalpa**.

Loka Joins New Fetzer Institute Initiative

Loka is thrilled to be one of 30 organizations the Fetzer Institute has brought together to catalyze a spiritually grounded movement for holistic transformation as part of their newly announced **\$9 million initiative**. "We believe that this work to connect the worlds of Public Life, Spiritual Innovation, and the Environment is a necessary path—one that can achieve the kind of paradigm shift needed to adequately address the confluence of crises we face," - Dekila Chungyalpa

Programs in Higher Education

Student Flourishing Initiative - Cultivating Wellbeing among College Students

The Student Flourishing Initiative has expanded to include programs that empower students to take ownership over their own wellbeing and support educators in implementing wellbeing curricula.

The initiative currently includes four programs:

- The Art and Science of Human Flourishing course
- Healthy Minds on Campus (student organization)
- The Student Flourishing Ambassador Program
- The Art and Science of Human Flourishing: Essentials for Educators

The Art and Science of Human Flourishing (ASHF)

Students are increasingly seeking tools to build lifelong wellbeing skills—and **the Art & Science of Human Flourishing (ASHF) course** is meeting that need. This semester-long course combines academic learning with practical training, integrating the Healthy Minds app to support students' mental health and daily habits.

Participants **report** meaningful gains in attention, sense of purpose, and happiness, along with reductions in anxiety and protection against depression. Since launching as a pilot at UW–Madison in 2017, nearly 2,000 students have taken the course. Due to strong demand, ASHF has expanded from a fall-only offering to both semesters and is now open to all undergraduate students.

Peer-to-Peer Learning through Healthy Minds on Campus (HMoC)

Our affiliated UW–Madison student organization is carving out a meaningful niche on campus. Born from the ASHF course, HMoC has grown into a hub for peer-led wellbeing events and increasingly, for interactive workshops built around the Center's framework of Awareness, Connection, Insight, and Purpose.



Student leaders have brought these workshops directly to peers in the Wisconsin Experience Seminar, a popular course for incoming freshmen and transfer students, presenting on multiple occasions to students at a pivotal moment in their college journey. Now the reach is expanding: UW's Campus and Visitor Relations unit, which employs students who shape the first impressions of every prospective student and family who visits campus, recently sought out HMoC to lead a workshop for their team. It's a meaningful vote of confidence that peer-to-peer learning works.

New Online Course Launched - The Art and Science of Human Flourishing: Essentials for Educators

Since 2021, hundreds of people have convened for the in-person Student Flourishing Teaching Workshop on campus at UW–Madison. Participants represented more than 60 US and international universities. Due to its overwhelming popularity, the Student Flourishing Initiative team launched an online version of the course in April 2026, to increase access and impact. Called "The Art and Science of Human Flourishing: Essentials for Educators," the course will allow participants to learn more deeply about the **Art & Science of Human Flourishing**, the effects it is having on students, and ideas for how to adapt the ASHF course for different educational contexts. The online course also includes three live and recorded Zoom sessions with the ASHF instructional team, researchers, former ASHF students and academic partners who have adapted the ASHF course.



Community Wellbeing Updates

The Center for Black Excellence and Culture and CHM Sign MOU

Founder of the **Center for Black Excellence and Culture** (CBEC) Rev. Dr. Alexander Gee, and Founder and Director of the Center for Healthy Minds, Dr. Richard J. Davidson recently signed a Memorandum of Understanding for the two organizations. The agreement aims to strengthen and advance relationship building, co-develop a mutually beneficial research, outreach and education agenda, and advance the research capabilities of CBEC.



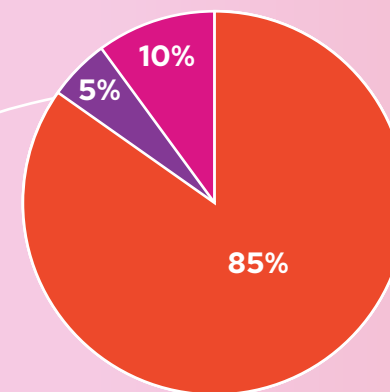
Dr. Richard J. Davidson and Rev. Dr. Alexander Gee sign MOU between CHM and CBEC, Photo: Isa Dolski



Performers on stage after "Out Beyond" Photo: CHM

New Initiatives | MUSE

The MUSE Initiative (Multidisciplinary Understanding of Self-Evolution), is a collaborative research and practice-based initiative aimed at exploring and harnessing music and the arts for wellbeing. MUSE launched in 2025 and is led by neuroscientist and artist **Dr. Dalal Abu Amneh**, alongside CHM Founder and Director **Dr. Richard J. Davidson**. MUSE investigates the transformative effects of music at the intersection of neuroscience, psychology and spirituality. It is grounded in scientific research and inspired by ancient traditions, seeking to understand how music and the arts can promote emotional healing, enhance mental health, and strengthen social connections. Through interdisciplinary research, immersive performances, experiential workshops and community-building activities, MUSE aspires to cultivate essential inner capacities such as awareness, connection, purpose and insight, so that individuals and communities can thrive.

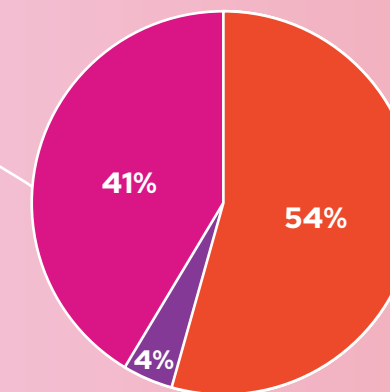


Use of Funds Total: \$9,500,954

Research & Programs: \$8,047,321 | 85%

Advancement: \$502,929 | 5%

Operations: \$950,704 | 10%



Source of Funds Total: \$9,500,954

Grants: \$5,149,277 | 54% (restricted)

UW-Madison: \$410,711 | 4% (both restricted and unrestricted)

Donor funds: \$3,940,966 | 41% (both restricted and unrestricted)

CHM

Financials

FY2025



With new digital experiences, offerings, and ongoing engagement, we're building toward a future where support for wellbeing is not occasional, but continuous, helping more people, in more places, to access the benefits of wellbeing science.



Humin (formerly Healthy Minds Innovations) is a global nonprofit on a mission to make wellbeing real by translating science into action.

Humin's work spans from the personal to the global. **The Healthy Minds Program app**—recognized by *The New York Times*, *Healthline*, *Sports Illustrated*, *Vogue*, and *Business Insider*—delivers free, science-based wellbeing training to millions worldwide. The Kindness Curriculum—which guided *Sesame Street*'s season on kindness and has an Emmy-winning video series—equips children with lifelong tools for compassion. Beyond individual tools, Humin provides wellbeing science services to organizations, strengthening performance while advancing human flourishing at scale.

Founded on the research of world-renowned neuroscientist **Dr. Richard J. Davidson**, and through ongoing work with the Center for Healthy Minds at the University of Wisconsin–Madison and other leading research institutions, we continue to turn breakthrough discovery into real-world impact. Humin is building a world that is kinder, wiser, and more compassionate—one where flourishing is possible for everyone, everywhere. Learn more at humin.org.

Industry Leadership Highlights

Making Wellbeing Real for People at Scale

For more than a decade, our work has focused on turning wellbeing science into practical tools that people can use to feel better, build resilience, and thrive in their daily lives. Today, that impact is expanding, reaching individuals, workplaces, schools, and communities around the world in more accessible and meaningful ways.

This next phase of growth is reflected in our evolution to **Humin**, bringing our products, programs, and services together into a more unified experience for all. By aligning how we show up for communities, employers, health systems, educators, and policymakers, we're making it easier to translate science into real-world impact at scale.

Thought Leadership Initiatives for Expanded Reach

In its last year as HMI, the organization significantly expanded its presence in the global conversation on wellbeing, mental health, and AI through a combination of media coverage, speaking engagements, and scientific thought leadership. Features in outlets such as **Fast Company** and **Mashable**, appearances at TEDx, Happiness@Work Prague, and the Pew Charitable Trusts reinforced the organization's position to scale wellbeing.

This momentum translated into measurable growth, including a record 430 million media impressions in 2025, and new monthly peaks exceeding 20 million in social reach and 400,000 content views. At the same time, these efforts drove tangible business outcomes, contributing to a pipeline of over 2,000 enterprise prospects and signaling increasing demand for **science-backed wellbeing solutions**.

FAST COMPANY

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A Growing Community Powers Impact

Humin's global community grew rapidly in 2025, welcoming nearly 200,000 new people across its app, email, and social channels. This growth is an important step toward helping millions of people worldwide over the next five years to practice the skills of wellbeing on a daily basis. That momentum is already translating into action. Community-led campaigns, including a "\$5 for 5 Minutes" meditation initiative on World Meditation Day and a year-end gratitude campaign, brought in nearly \$80,000 from thousands of supporters.

As Humin continues to grow, partnerships and philanthropy will play a critical role in expanding access to these tools, helping bring practical, science-based wellbeing to people and communities around the world.

New Wellbeing Tools for Individuals

Healthy Minds Program App Recognized as a Rising Star in Preventive Health

Humin's flagship **Healthy Minds Program app** was named "Rising Star Winner in Prevention" at the HLTH Digital Health Awards, a premier event convening over 12,000 leaders across healthcare, technology, and investment. The award recognizes the app as a leading example of translating rigorous wellbeing science into accessible, scalable tools. Notably, Humin was the smallest organization in its category by team size and revenue, standing alongside notable healthcare leaders and reinforcing the strength of its science-driven approach.

The app was highlighted as Humin's primary tool for scaling direct impact, transforming more than a decade of research into a free, evidence-based tool that builds core wellbeing skills. Recognized by *The New York Times* among top meditation apps, it reflects a shift toward prevention by giving individuals greater agency over their wellbeing. This recognition marks a key moment of industry validation as Humin continues expanding global access to wellbeing tools.



Humin CEO Christina Glavas (right) accepts the HLTH Digital Health Award on behalf of the organization.

Emotional Styles Quiz Becomes a Scalable Entry Point to Wellbeing

The Emotional Styles Quiz (ESQ), a 24-question quiz to uncover individual emotional strengths, emerged as one of Humin's most effective tools for engaging individuals at scale, translating Humin founder **Dr. Richard J. Davidson**'s research on the neuroscience of emotion into an accessible, personalized experience. With more than 25,000 completions to date from its pilot stage, ESQ has proven to be a powerful free tool that introduces users to wellbeing science in a meaningful way.

Micro-Interventions Beta Demonstrates Strong Potential

A new pilot of Healthy Minds Texts—short, science-based messages delivered to students' phones—achieved exceptionally high satisfaction ratings of 98–99% among college participants. The results suggest strong demand for simple, accessible tools that support wellbeing in daily life.

These brief, mobile-based practices offer an easy entry point for building wellbeing skills, meeting people in the moments they need support most. As Humin expands this approach, micro-interventions will play an important role in providing just-in-time support to harness wellbeing skills in daily life.

App 2.0 Lays the Foundation for Modern Wellbeing

Humin made significant progress in reimagining its award-winning Healthy Minds Program app through the early development of HMP 2.0, a new platform designed for a deeper personalized experience, and additional flexibility for research and organizational integration. Early work included rebuilding the app's architecture, implementing core features, and exploring AI approaches through a wellbeing lens.

These efforts have already produced a working prototype with improved flexibility and scalability. As development continues into 2026, HMP 2.0 will serve as the backbone for delivering personalized interventions, supporting scientific research, and enabling organizational growth across both individual and organizational needs.

Developments in Programs for Educators

Science of Flourishing for Education Course Gains Momentum

As educator burnout rises, Humin's **Science of Flourishing for Education** course is gaining adoption across school districts. Early results show measurable reductions in stress among participants, with philanthropic support accelerating expansion into new communities.

The course provides a practical, science-based approach to supporting educator wellbeing—an essential step toward healthier, more resilient school systems.

Student Lab Expansion Shows Measurable Impact Across Campuses

Humin's Student Lab utilizes a customized content path in the HMP app as an asynchronous, graded activity to supplement a range of courses and introduce digital wellbeing learning and assessment to students.

Student Lab continues to grow as a key program for integrating and normalizing wellbeing science into higher education, without displacing existing classes. In 2025, the program expanded to nine campuses across the University of Wisconsin system. A version is also used to accompany the ASHF course taught by CHM.

Data from participating campuses show an average of 8% reduction in stress and 10% improvement in overall wellbeing, reinforcing the effectiveness of this model. With additional institutions preparing to adopt the program, Student Lab represents a scalable pathway for measuring and improving student mental health outcomes across diverse academic environments.

Kindness Curriculum Relaunch Extends Reach

Humin is preparing to relaunch its **Kindness Curriculum** in partnership with PBS Wisconsin Education and The Kindness Project, expanding its reach to pre-K and K teachers, as well as continuing research collaborations to impact additional classroom levels. This initiative reflects a strategic effort to introduce wellbeing science earlier in life, equipping students with foundational skills for emotional resilience and social connection.

As part of a broader education strategy, the curriculum will complement existing programs for educators and students, creating a continuum of support across learning environments. With national distribution and partnerships on the horizon, this work has the potential to influence how wellbeing is taught and practiced at scale. Please visit humin.org for updates.



The Launch of Well-being Science Services for Organizations

Client-Partnerships Demonstrate Scale and Real-World Impact

Humin is bringing wellbeing science into real-world settings, **working with organizations** to measure and improve the customer experience, business performance, and most critically, global impact on wellbeing.

At Miraval Resorts & Spas, our scientists worked with their team to measure wellbeing outcomes, discovering that guest stress decreased significantly and continued to improve by roughly 30% for each additional day beyond a three-day stay. It's a powerful example of how wellbeing can be measured and actively improved using science.

Humin continues to partner with organizations across industries, including hospitality, technology, education, and government. These collaborations are showing that wellbeing is not just a personal outcome, but a measurable driver of engagement, performance, and experience.

What sets this work apart is its foundation in science. Using validated measurement tools and insights from neuroscience, Humin helps organizations identify what drives wellbeing and translate those insights into practical systems.

Demand is growing. More than 2,000 business leaders joined its community after a recent webinar on measuring wellbeing, reflecting rising interest in evidence-based approaches.

New Course Offerings for Leaders

Together with OpenSesame, Humin expanded its services portfolio through the development of scalable, science-based courses for business leaders and teams. These offerings, including short-form modules on trust, self-awareness, and team dynamics, are designed for broad distribution through enterprise platforms and direct-to-consumer channels.

Early pilots demonstrate strong interest and adoption, with market research indicating high demand among organizational leaders. As Humin builds a library of courses and expands distribution, these offerings are expected to become a key driver of both impact and financial sustainability.

Key Research Collaborations for Real-World Impact

Brain-Based Markers of Mindfulness Move Closer to Real-World Use

Scientists at MIT, CHM and Humin are getting closer to measuring mindfulness in the brain. In a recent study, researchers found that certain patterns of brain activity, especially those linked to reduced mind-wandering, were associated with higher levels of specific mindfulness skills, particularly the ability to stay focused and avoid harsh self-judgment.

The findings suggest that mindfulness isn't a single state in the brain, but a set of related skills that show up in different ways. While more work is needed, this research moves us closer to being able to measure and personalize mindfulness practices based on how the brain responds.

Mobile Intervention for Caregivers Demonstrates Feasibility at Scale

Humin recently contributed to a 2025 study published in The Gerontologist exploring a slightly modified version of the Healthy Minds Program app, designed to support people caring for loved ones with dementia. The study found that caregivers were highly engaged and willing to participate, showing that this kind of digital support can successfully reach this population at scale.

While this early study did not show major differences compared to other forms of support, participants using the app reported feeling more mindful and having more positive caregiving experiences. Overall, the results suggest that mobile tools like this have strong potential to support caregivers, especially those facing high levels of stress.

Healthy Minds Index Expands into Spanish-Language Validation

In 2025, Humin supported a study published in PLOS ONE validating the Healthy Minds Index for Spanish-speaking populations. Using two university audiences, the study confirmed the four wellbeing pillars measured—awareness, connection, insight, and purpose—with strong reliability.

This kind of work expands Humin's ability to measure wellbeing across diverse populations and real-world settings, helping bring large-scale, practical measurement closer to reality.

Together, these findings deepen understanding of how interventions work in daily life, informing more precise and effective wellbeing tools.

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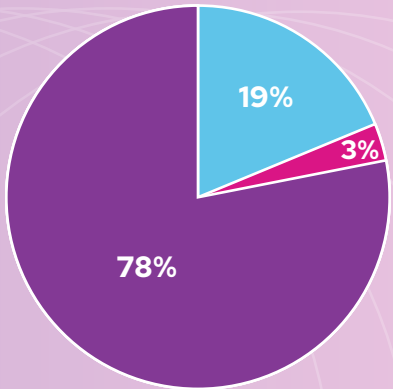
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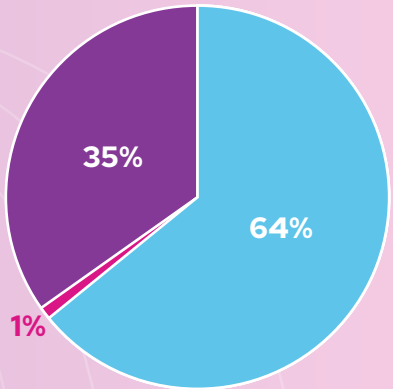
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HUMIN Financials CY2025*



Use of Funds Total: \$5,780,760
General Operations: \$1,088,029 | 19%
Fundraising: \$181,534 | 3%
Programs & Services: \$4,511,198 | 78%



Source of Funds Total: \$6,693,103
Earned Revenue: \$4,289,600 | 64%
Restricted Contributions: \$65,000 | 1%
Unrestricted Contributions: \$2,338,503 | 35%

*CY 25 Audited Financial Statements pending



The Humin team meets for its annual Horizons Summit planning session.

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SUPPORT SCIENCE FOR A FLOURISHING WORLD

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