

Navigating Anxiety and Stress Through Mindfulness Workshop Series: Participant Comments

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Following are participant responses provided at the end of this eight-week program, presented here with permission.

1. What are some of the main points about “mindfulness” that resonate for you?

- “Presence resonates with me. The quality of my activities is very closely tied to how present my attention is with the activity.”
- “Being more connected to the world and simple pleasures.”
- “Mindfulness helps me experience fear and anxiety without getting paralyzed.”
- “Not getting caught up in the “me”-ness. I can be with all sensations that are horrible, and deal with it—noticing that my storyline/feeling/thoughts are not me.”
- “Avoiding and resisting discomfort tends to make it worse, and the present moment is much richer than we generally believe.”
- “That it is OK to sit with the feeling of pain or sadness.”
- “I have changed my view of anxiety. I now can more easily recognize negative thoughts as just thoughts and stop them from escalating.”

2. How helpful has this workshop series been for you? Specifically, how has it helped you deal with anxiety and stress?

- “Makes me more aware of other feelings; makes me more open, less depressed. Keeps me from ruminating on different things happening in my life.”
- “Helpful in getting me to open up to people again.”
- “It has helped me to know that my suffering is caused when I get further away from reality.”
- “It’s made me more aware of what my triggers are, and how I can use what I’ve learned to help me deal with whatever shows up in life.”
- “Shifting perspective. For example, it’s OK to let the feeling be. (I’m) really believing now that there are times when you accept things as they are.”
- “It has reinforced the need to be with whatever is happening, pleasant or unpleasant, without resisting or clinging. Generally, I find this allows strong negative emotions to arise and dissolve on their own, rather than intensify.”

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