

Safer Mindfulness Inc.
Mindfulness Instruction & Training · Workshop Facilitation
 58 Pennywell Road, St. John's, NL A1C 2K9
 Phone: (709) 722-2716
andrew@safermindfulness.com
www.safermindfulness.com

Navigating Anxiety and Stress Through Mindfulness Workshop Series: 2- and 3-Month Follow-Up Evaluation Report

June 2015 © Safer Mindfulness Inc.

In late May, there was a follow-up for the two groups that had completed this eight-week, 20-hour mindfulness workshop series in the first quarter of 2015. Seven people completed the same evaluation they had filled out during the last session of the workshop series. For four people, it was a three-month follow-up and for three it was a two-month follow-up. They were between the ages of 27 and 61.

The intent was to see whether the positive outcomes indicated in the post-intervention evaluation were being maintained or eroded, absent the support from the weekly sessions. Among these seven participants, there had been a +30.1 per cent change between pre- and post-intervention. Scores of the follow-up evaluations increased a further 4.8 per cent from post-intervention. The aggregate score of 319 at the first session increased to 424 at the two- / three-month follow-up—a 32.9 per cent increase overall.

Participant	Pre Evaluation	Post Evaluation	2-, 3-Month Follow-Up
#1 *	58	61	57
#2 *	48	56	60
#3 *	52	67	66
#4 *	39	59	61
#5 **	47	N/A	53
#6 **	46	61	67
#7 **	29	50	60
Total	319	354 (6 scores)	424

* 3-month follow-up
 ** 2-month follow-up

Time Frame	Percentage Change
Pre to Post (for 6 participants) [272 – 354]	30.1
Pre to Follow-Up (for 7 participants)	32.9
Post to Follow-Up (for 6 participants)	4.8

How helpful has this workshop series been for you?
(0 = not helpful; 10 = extremely helpful).....8.4 average rating

Selected Participant Responses

Included here with permission

1. What are some of the main points you remember about mindfulness?

- Seeing things for what they are. Acting from where I am now, not past or future.
- Let the thoughts roll in and out without judging, and recognizing that they're only thoughts.
- Importance of 'being'. Learning to let go; let it be. Recognizing goodness within and connections with others. I have a long way to go, although it's not about attaining a goal. Try to focus on the big picture.
- Keeps my mind from racing all over the place. Gives me confidence that I can and will take time for myself, to slow down the busy-ness of life.
- Compassion, non-judgmental, and empathy.

2. Specifically, how has this workshop series helped you deal with anxiety and stress?

- It has enabled me to build a relationship with myself from a kind and grateful perspective. Also, it's simply fascinating to me intellectually / philosophically.
- I appreciate calming my mind. Sometimes I remove myself from a stressful situation.
- It helped me greatly as it gave me a realistic view on meditation. I had an idea it was something very different from what we practiced. I no longer have an unrealistic view and am easier on myself.
- I know I can deal with anxiety better because of the tools used in this series, and in everyday life.
- It helped me to view stress and anxiety differently, and to see my environment in a new way—through a different lens.

www.safermindfulness.com