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## **Mindfulness in the Workplace Training with Waypoints Youth**

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Ten youths between the ages of 18 and 25 participated in a five-week “Mindfulness in the Workplace” program (1-hr. sessions) at Waypoints in St. John’s, NL from September 11 to October 9, 2019.

An 11-statement questionnaire was administered at the first and last sessions (pre and post). The participants signed consent forms agreeing that their comments could be used anonymously.

The most significant changes pre to post occurred in the following statements:

<b>Evaluation statement</b>	<b>Aggregate score change, pre to post</b>
When I do something that doesn't meet my expectations, I give myself a hard time.	10 – 16
When my thoughts overtake me and I feel worried, I don't know how to pause or interrupt this pattern.	16 – 23
I am easily distracted.	16 – 22
I am often preoccupied, and miss what is going on around me.	20 - 26
When someone is talking, I have trouble putting my own thoughts aside and giving them my full attention.	22 – 27

Further responses follow:

*Q: How helpful has this workshop series been for you? (0=not helpful; 10=extremely helpful)*

10, 8, 5, 7, 8, 10, 8. Average: 8

*Specifically, how does your study and practice of mindfulness help during the workday?*

- “It has helped me relax more.”
- “It is like going for a walk or to the gym. It makes me feel good. I have a hard time focusing sometimes so I try to remember to be mindful and practice every day so I get a habit.”
- “Did not get time.”
- “If you’re having a stressful day at work, doing some mindfulness while you’re on break is a good way to cool down.”
- “I will use it to allow myself to more efficiently complete tasks that I am assigned to do!”
- “It helps me realize that not all thoughts are necessary to say, and it’s helped me become more aware when I’m in situations where I need to pay attention.”
- “I can see this being a stress relief in high-pressure and frantic situations.”

*What are some of the main points about mindfulness that resonate for you and your everyday life?*

- “I have learned how to pause and take control of my own thoughts when I feel they are taking over, which is something I struggled with before.”
- “I enjoy the breathing exercise because it allows me to be mindful and weigh my decisions in stressful situations and remain calm.”
- “Our brain, thoughts, emotions, and feelings are not the enemy.”
- “A big thing for me other than meditation is that my thoughts aren’t true and I feel like knowing that has helped my anxiety.”
- “When there’s a potential problem I worry about, I can come back to a feeling of grounding, and that thoughts are not necessarily true.”
- “I am going through a hard time and it has helped me with my addictions and my home life.”

*Do you think your colleagues could benefit from learning about Workplace Mindfulness?*

- Yes.....8
- No.....0