

Mindfulness Training Outcome

“Anxiety, Stress & Mindfulness” Program



Andrew Safer, founder of [Safer Mindfulness Inc.](http://safermindfulness.com), conducts Mindfulness Training for the Workplace, and Mental Health and Addictions. A wide range of evidence-based research on mindfulness training shows efficacy in areas ranging from stress reduction and focus, to reduced levels of anxiety and depression, to increased resilience and well-being.

- The outcomes shown in the table below capture 40 participant responses to 17 evaluation questions for the “Anxiety, Stress & Mindfulness” workshop series.
- Our other mindfulness for mental health programs include: “Mindfulness for Depression”, “Suicide Prevention through Mindfulness Training”, and “Mindfulness in Recovery” (Addictions).



To view the evaluation report, click here:

<https://safermindfulness.com/wp-content/uploads/2016/06/Psychiatry-Research-Day-Jun-25-16.pdf>

<p><u>Anxiety, Stress & Mindfulness</u>— 8 wks.</p>	<p>40 participants (5 groups)</p> <p><i>“[This workshop series] 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.”</i></p>	<p>40% improvement (average for all responses to 17 questions)</p> <p>Participants indicated it was:</p> <ul style="list-style-type: none"> • Extremely helpful =12 • Very helpful = 14 • Somewhat helpful=14
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