

Mindfulness Training Outcome

“Anxiety, Stress & Mindfulness” Program



Andrew Safer, founder of [Safer Mindfulness Inc.](https://safermindfulness.com), conducts Mindfulness Training for the Workplace, and Mental Health and Addictions. A wide range of evidence-based research on mindfulness shows efficacy 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 are for 1) the group overall, and 2) for selected evaluation statements for the “Anxiety, Stress & Mindfulness” program.



To view the evaluation form, click on <https://safermindfulness.com/outcomes/> and select the long version of the report from the list, e.g. Anxiety and Stress.

<p>Anxiety & Stress— 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> <ul style="list-style-type: none">• Extremely helpful =12• Very helpful = 14• Somewhat helpful=14
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