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## **“Mindfulness for ADHD” Evaluation Report**

### **Winter 2025**

March 17, 2025

During the Winter of 2025, the “Mindfulness for ADHD” training program met for one free introductory session on January 28th and conducted six sessions, ending March 11<sup>th</sup>, on Zoom. Twelve people attended the weekly 1 ¼ hr. sessions, including two who participated by watching/listening to the recordings.

Participants paid a fee of \$165, which included Andrew Safer’s book, *Anxiety, Stress & Mindfulness: A Do-It-Yourself Guide to Wellness*.

The topic of the free introductory session was “Evidence of Effectiveness”.

The weekly session topics were:

1. Dealing with Distractions: Mindfulness of Breath
2. Focusing Attention: Being Present
3. From Restlessness to Resting the Mind
4. Finding the Inner Compass
5. Taking a Break from Reactivity
6. Listening Fully

In week 5, participants were told the series could be extended by three more weekly sessions if they chose. Seven elected to continue. The additional fee was \$75.

The three extension sessions were:

7. Making Friends with Ourselves
8. Dealing with Anxiety & Stress through Mindfulness
9. Mindfulness in Everyday Life

Participants completed an evaluation during both the first and last sessions. Using a five-point Likert Scale, they replied to 19 statements, indicating whether they agreed/strongly agreed, disagreed/strongly disagreed, or neither. At the last session, there were also questions to which they wrote their responses.

Seven participants completed both pre and post evaluations.

The evaluation responses were submitted through Google Forms, which generated percentages of the five Likert options for each statement.

Note: These statements are negatively worded, so disagreeing with them is positive. For the purposes of this report, Disagree and Strongly Disagree responses were combined.

The totals show disagreement for each statement, both at the beginning of the workshop series (pre), and at the end (post). The difference is shown as “Improvement”.

Included below are statements with a minimum improvement of 25%.

<b>Statement</b>	<b>Pre</b>	<b>Post</b>	<b>Improvement</b>
1. When I start thinking about something that concerns me, I can't get it out of my mind.	0%	42.9%	42.9%
2. Multitasking is a great way to get a lot done.	28.6%	85.7%	57.1%
3. My mind never stays in one place and keeps jumping from one thought to the next.	0%	28.6%	28.6%
4. I think over and over about things that have already happened.	14.3%	42.9%	28.6%

5. I keep projecting my concerns for the future.	28.6%	57.1%	28.5%
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Statement	Pre	Post	Improvement (Disagree)
6. I don't have confidence in my ability to deal with the stressful things that happen to me.	57.2%	100%	42.8%
7. Staying in the present hurts so much that I prefer to run away from what is unpleasant.	71.5%	100%	28.5%
8. I don't usually know what to do to bear with my discomfort and sense of vulnerability.	42.9%	85.7%	42.8%
9. I have difficulty accepting things as they are.	71.4%	100%	28.6%
10. I have difficulty dealing with troubling emotions.	28.6%	71.4%	42.8%
11. I'm not usually aware of what things or events trigger my anxiety.	57.1%	85.7%	28.6%
12. I feel as though I have no control over my thoughts, moods, and feelings.	57.1%	100%	42.9%
13. I get stuck with the storylines that can make me feel anxious or stressed, and I don't know how to pause or interrupt this pattern.	28.6	71.4%	42.8%
14. I tend to put things off that I don't feel like doing--at work and in my personal life--and it can cause problems	0%	28.6%	28.6%

Two statements are noteworthy even though there was no percentage change in the “Disagree” categories.

a. I tend to be impulsive, taking action, and then regretting it later.

14.3% 14.3% 0%

Agree/Strongly Agree: Pre: 85.7%. Post: 14.3%; Neither Agree Nor Disagree: 71.4%.

b. I get distracted easily and have a hard time refocusing on a task.

0% 0% 0%

Pre: Agree: 57.1%; Strongly Agree: 42.9%. Post: Agree: 42.9%; Strongly Agree: 0%,  
Neither Agree Nor Disagree: 57.1%.

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

- Slowing down, feeling peaceful, grounded.
- That it works! You have to be patient, but the payoff is huge.
- Using the word “Thinking” to stop negative thought patterns that would have spiralled if given a chance.
- I attend to tasks and “get out of my head” by paying attention to what I’m doing.
- I used to injure myself by not paying attention to what I was doing— stubbing my toe or bumping my head, which made everyday chores more stressful.
- Being aware of the big picture, pulling away from distractions.

1. *Which mindfulness-in-everyday-life practices are you finding helpful, and in what way?*

- Yoga, breathwork, sitting and meditating—help ground me, build resilience and self-awareness.
- Head and shoulders (pausing).
- Mindful during household chores.
- Gentle with myself.
- Reminding myself: right now, I’m doing x.

- Breathing, feeling the ground, walking, noticing.
- Awareness that I am part of a bigger thing, and belong.

3a. *How helpful has this workshop series been for you? (0=Not Helpful; 10=Extremely Helpful)*

Average: 8.9.

3b. *How has this workshop series helped you deal with ADHD?*

- Understanding that it's not only OK to pause, but it's actually beneficial. I can now rest without guilt.
- Given me some tips that I will need to practice to make it into a habit that sticks.
- It has helped me slow down and do one thing at a time, and to feel good about that.
- Makes me calmer and less spun out.
- Prioritizing, and recognizing distractions as lower priority.

### **Participants' Testimonials**

"This program gave me simple, practical ways to bring mindfulness into my daily life with ADHD. Learning to pause before reacting and to stay present with one task at a time has been especially helpful. The weekly check-ins kept me accountable, and I'm starting to see how mindfulness could support my focus and emotional regulation."

--Jenny, St. John's

"I have found Andrew Safer's mindfulness program has been the impetus for me to remember to slow down. He reminds us that the tendency to speed up and multitask is not uniquely ours. Learning these small things—attention, coming back from the whirlwind of multitasking and inner chaos, noticing with that all-

important gentleness the feeling of ourselves on the ground, squaring the posture—Andrew reminds us, be present to the magic of things just when they almost blow away. So glad I touched in.”

--Cathy, Halifax

“This program has been a great experience. Easy to incorporate into everyday life, yet powerful. And being part of a small group of like-minded (neurodivergent) individuals is really nice!”

--Craig, St. John’s

“I would highly recommend the “Mindfulness for ADHD” workshop offered by Andrew Safer. This workshop provided insight into strategies to help persons with ADHD to be more present in their lives. It helped participants identify how our thoughts and habits can impact upon our productivity and quality of life. The course encouraged us to ensure that we make time in our day for self-care and self-compassion through the use of mindfulness techniques. I also learned new techniques for mindfulness meditation that former training had not provided.”

--Jane, St. John’s

“I have found that after attending lessons and working through the skill building techniques learned in Andrew Safer’s “Mindfulness for ADHD” that I am not only able to understand the proper fundamentals around practising meditation, awareness, and other mindfulness methods, but also realize the benefits from feeling more grounded and able to recognize when distractions are impacting me and how to handle them in order to get on with things that are most important.”

--George, Hubley, NS

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