

Mindfulness for ADHD: Highlights (2025)

A program evaluation conducted with our workshop participants suggests that developing mindfulness can ease symptoms of ADHD.

At the very least, it suggests the benefits of mindfulness deserve more scientific interest.

The workshops were conducted from February to June 2025.

We matched pre- and post-evaluations for eight participants, five of whom attended for six weeks, and three who attended nine weeks.

In these negatively worded evaluation statements, “strongly disagree” and “disagree” responses meant the participant experienced a positive change — i.e. an improvement.

The greatest improvement between the beginning and end of the programs was in response to this statement:

- “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.”

Disagreement with this statement increased by 70% (total scores: 17 pre; 29 post).

The next-greatest change was demonstrated by the following statement:

- “I have difficulty dealing with troubling emotions.”

Disagreement with this statement increased by 68% (total scores: 19 pre; 32 post).

The third-highest change was in the statement:

- “I get distracted easily and have a hard time refocusing on a task.”

Disagreement with this statement increased by 43% from 14 pre to 20 post.

Participants were asked “How helpful has this workshop series been for you?” (on a scale of 1 to 10). Eleven people provided ratings, which averaged 8.8.

Asked if she found this workshop series helpful, Barbara* wrote:

“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.” **not her real name*

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