

# Building Resilience Through Mindfulness

## Pre-Post Evaluation

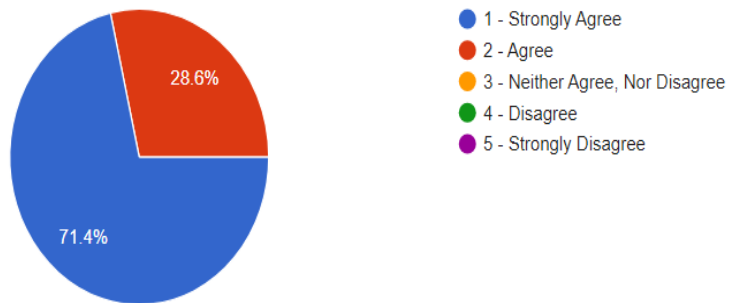
November, 2024

- 6-Session Weekly Series
- 6 Participants completed pre- and post-evaluations
- Evaluations completed on first and last days of workshop series.
- Andrew Safer, Presenter

1. When I start thinking about something that concerns me, I can't get it out of my mind.

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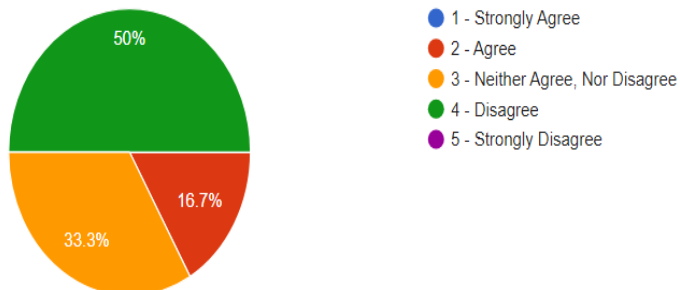
7 responses



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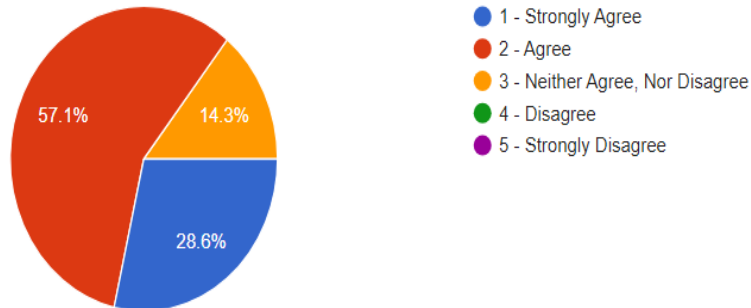
6 responses



2. My mind never stays in one place and keeps jumping from one thought to the next.

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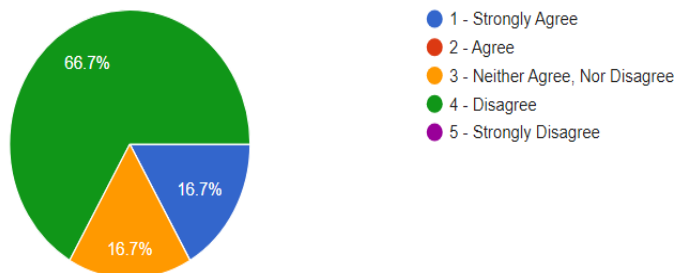
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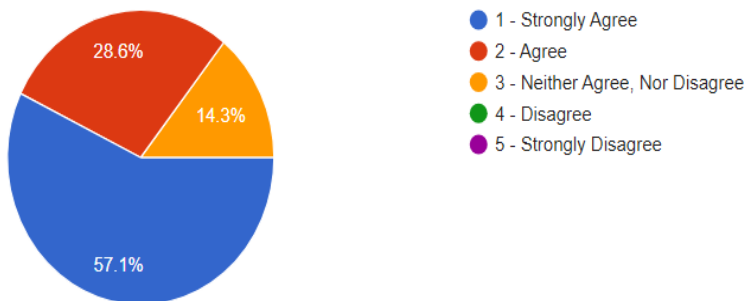
6 responses



3. I think over and over about things that have already happened.

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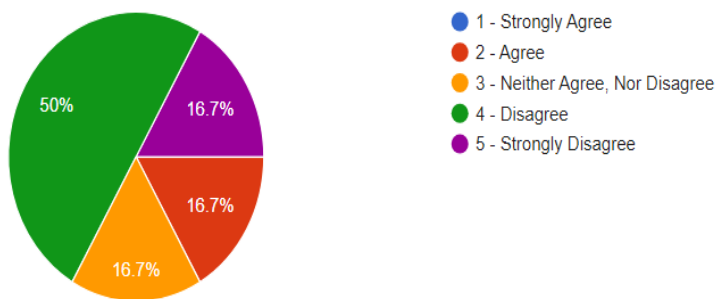
7 responses



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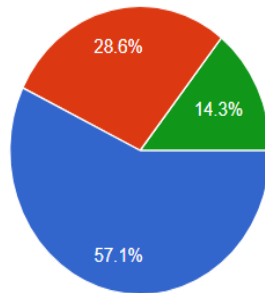
6 responses



4. I keep projecting my concerns for the future.

7 responses

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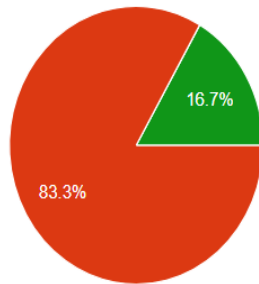


- 1 - Strongly Agree
- 2 - Agree
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- 4 - Disagree
- 5 - Strongly Disagree

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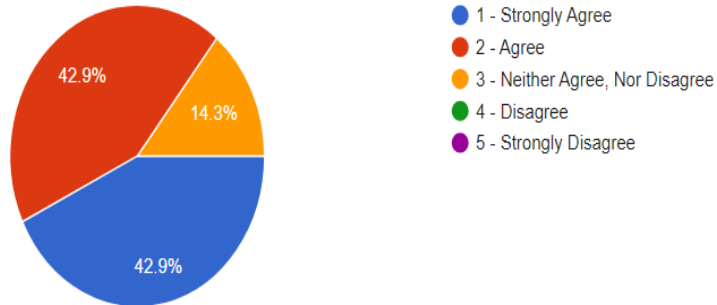


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5. This pattern of not being fully present in my immediate experience is normal for me.

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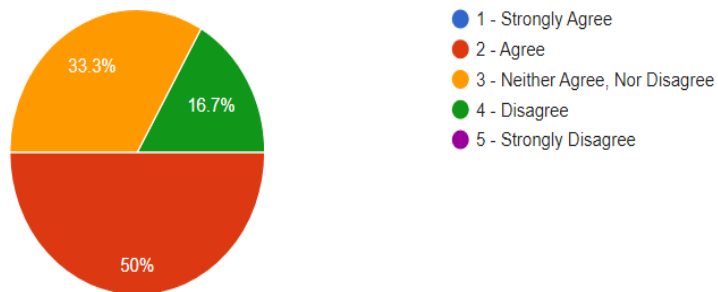
7 responses



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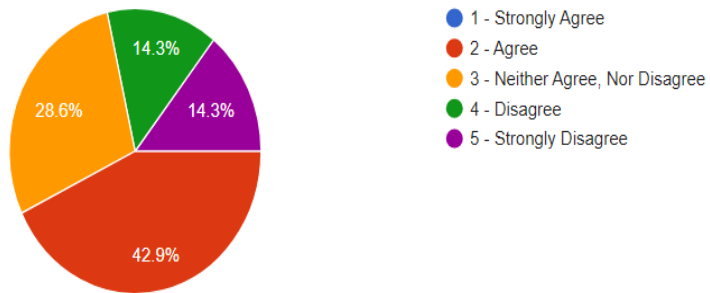
6 responses



6. I don't believe that I can make a difference in my work life.

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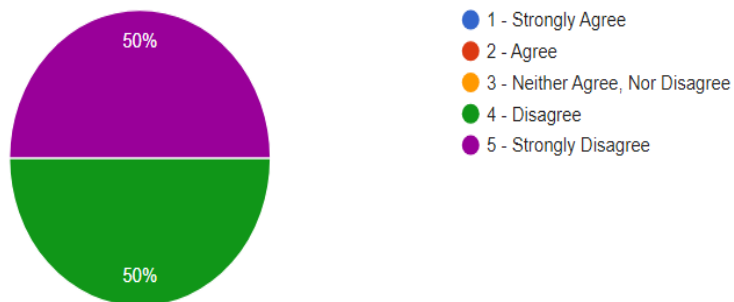
7 responses



6. I don't believe that I can make a difference in my life.

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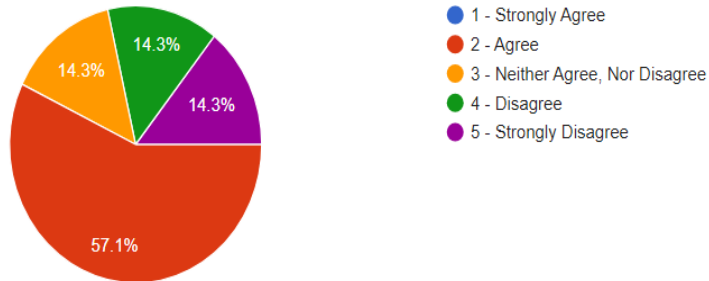
6 responses



7. I don't have confidence in my ability to deal with the stressful things that happen to me.

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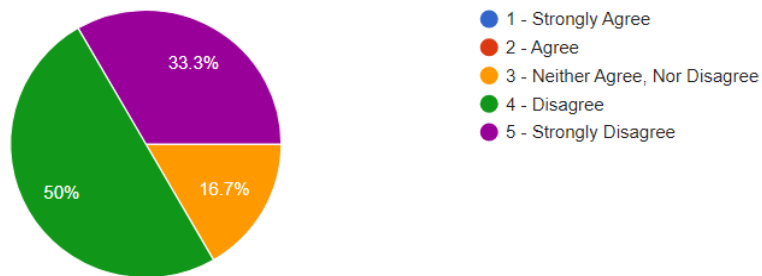
7 responses



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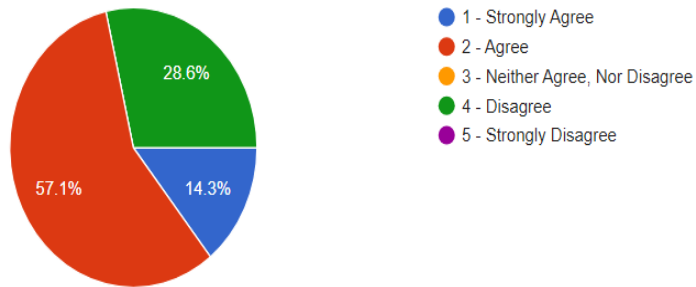
6 responses



8. I have difficulty accepting things as they are.

7 responses

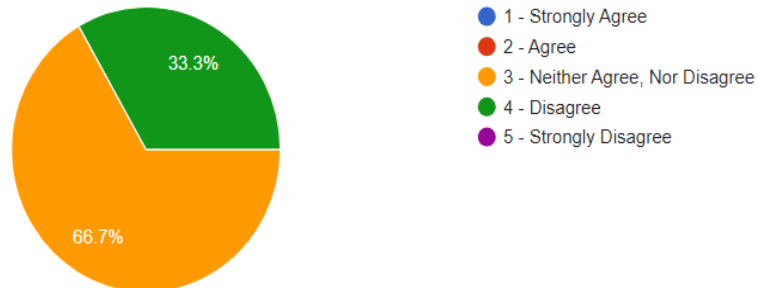
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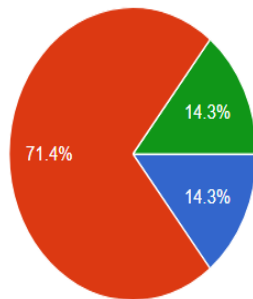
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9. I have difficulty dealing with troubling emotions.

7 responses

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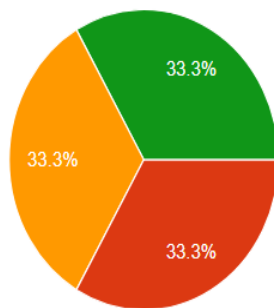


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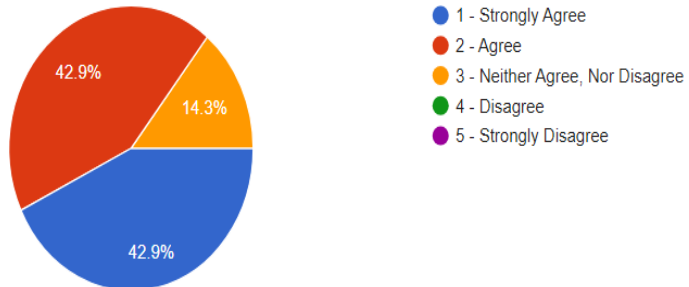


- 1 - Strongly Agree
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10. I always have the feeling that there is something I should be doing to get rid of my troubling emotions.

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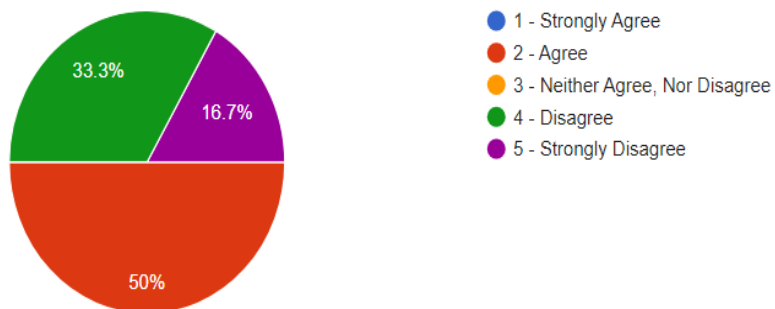
7 responses



10. I always have the feeling that there is something I should be doing to get rid of my troubling emotions.

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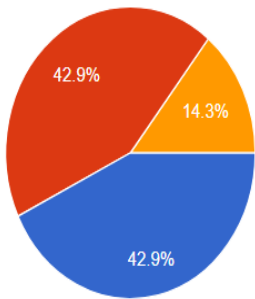
6 responses



11. I often don't feel grounded in my body.

7 responses

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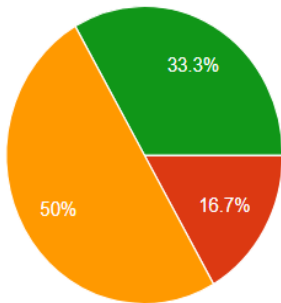


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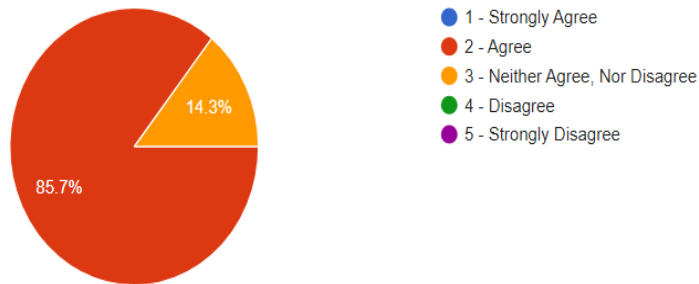


- 1 - Strongly Agree
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12. I feel like I have no control over my thoughts, moods, and feelings.

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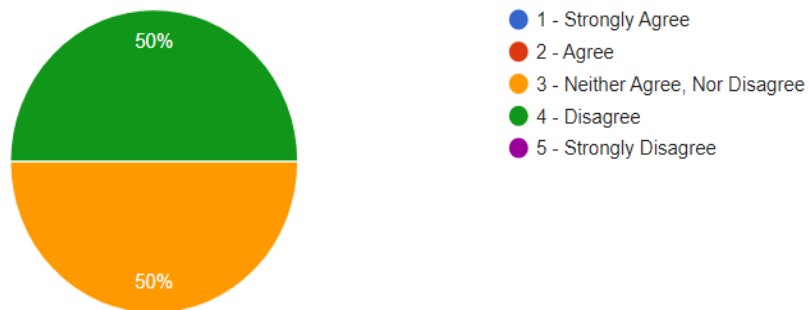
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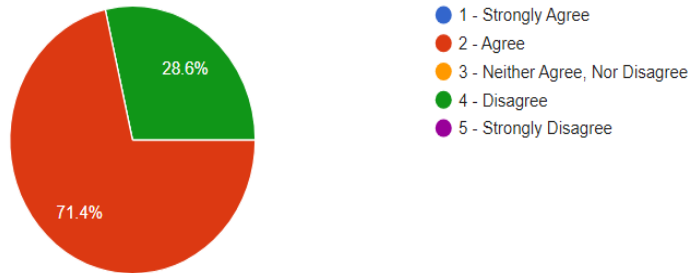
6 responses



13. I get stuck with the voice in my head that can make me feel anxious and I don't know how to pause or interrupt this pattern.

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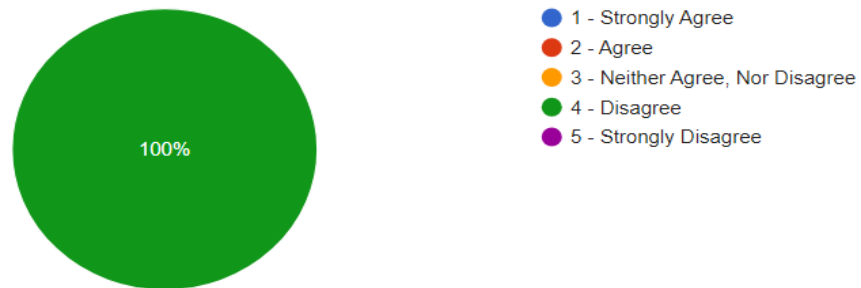
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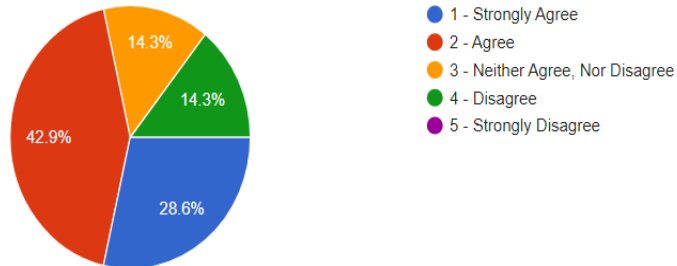
6 responses



14. The voice in my head keeps the everyday stress rolling and pulls me out of the present moment.

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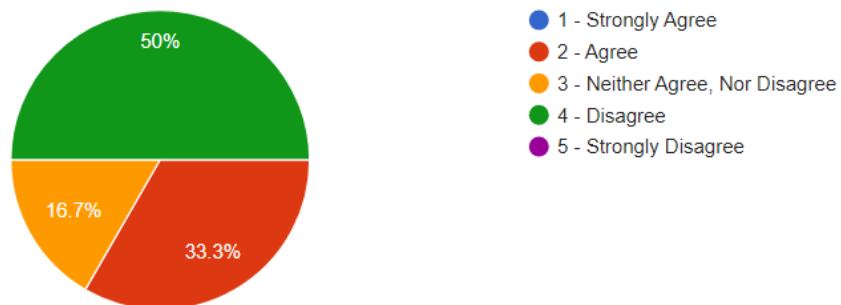
7 responses



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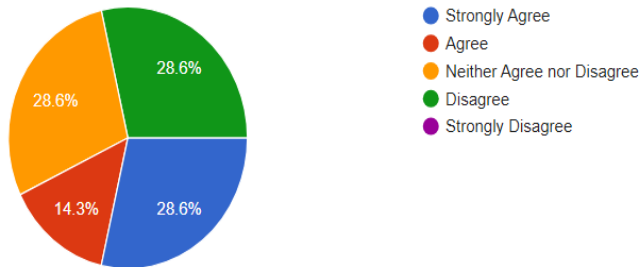
6 responses



15. I have difficulty accepting change.

7 responses

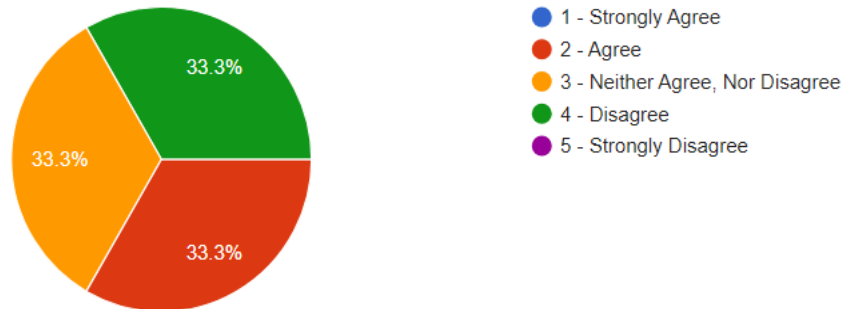
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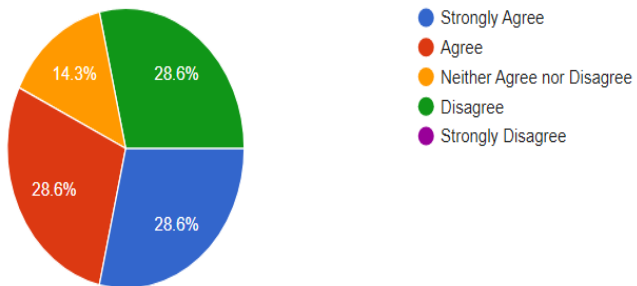
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16. When there is criticism or a setback, it takes me a long time to recover.

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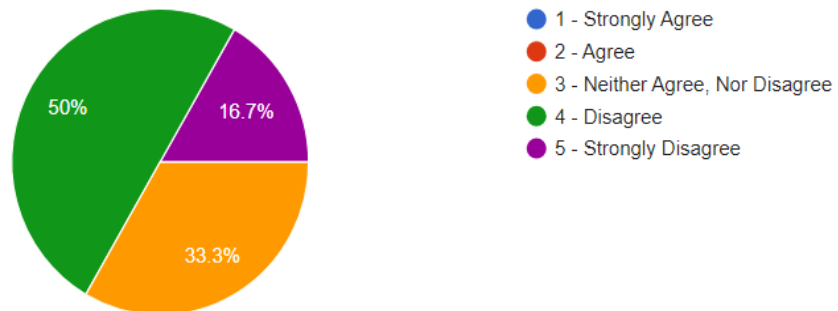
7 responses



16. When there is criticism or a setback, it takes me a long time to recover.

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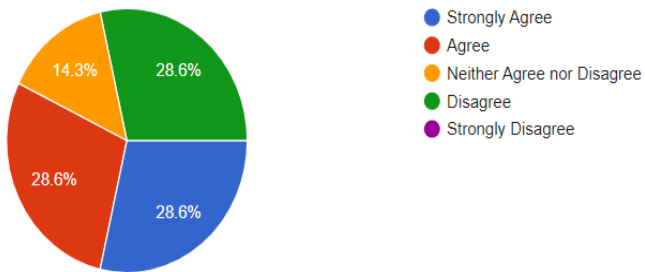
6 responses



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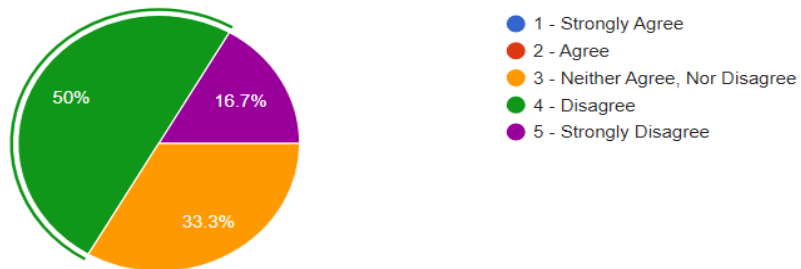
7 responses



16. When there is criticism or a setback, it takes me a long time to recover.

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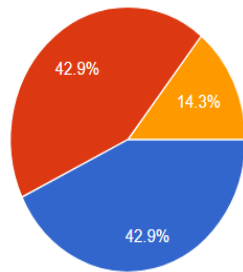
6 responses



17. I am my own biggest critic.

7 responses

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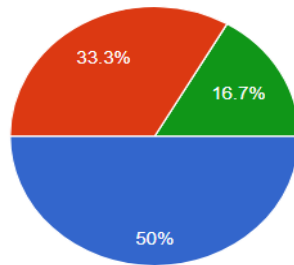


- Strongly Agree
- Agree
- Neither Agree nor Disagree
- Disagree
- Strongly Disagree

17. I am my own biggest critic.

6 responses

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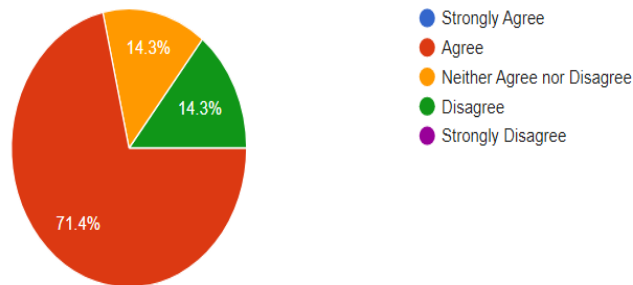


- 1 - Strongly Agree
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18. When I have a task to do, it's hard for me to focus on it.

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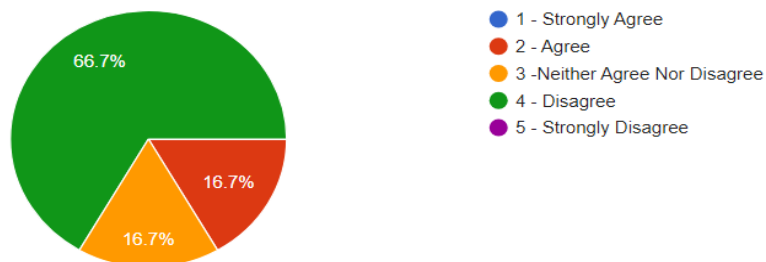
7 responses



18. When I have a task to do, it's hard for me to focus on it.

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6 responses



## Qualitative Questions

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

### Thoughts

Realizing that I do not have to get carried away with every thought that comes to mind and that I can recognize it as "just a thought".

I am working on the agency of thoughts. Do they provide a useful service. I am building on my ability to let thoughts go past without attaching to them. It is difficult but I am having noticeable results.

### Being Present

Staying present in the moment at work and practicing detachment from technology at home have been monumental to improving my overall mood throughout the day.

Bringing my thoughts to the present. Being able to come back to real world issues to look at.

### **Numerous Everyday Benefits**

I feel mindfulness has allowed me to gain perspective on everyday situations. I have improved memory, concentration, and overall mental clarity. I am more able to respond to life's inevitable difficulties with openness and kindness. I feel less controlled by outside forces. Mindfulness has been fantastic for me!

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

### **Everyday Tasks**

Being mindful sometimes of minor tasks, such as brushing teeth, making coffee, and trying not to "day dream" as I go about those tasks. I find that restful for the mind.

I enjoy being mindful while showering, doing the dishes, walking, and sometimes driving. I still struggle with this practice, but I value its importance and try to do it whenever I can.

### **Pausing (Head and Shoulders)**

I use Head and Shoulders when I am overwhelmed with things looking for my attention. Sometimes these can be overwhelming in the moment. I also find a calmness in the outbreath when I allow myself to go out with the breath.

i am learning to appreciate head and shoulders, very effective and fast.

### **Sitting**

Sitting meditation at the beginning of each day, it helps me focus and beginning the day positively.

I am able to use sitting, walking and head and shoulders practice throughout the day, with dedicated 35 minutes of practice in the evening. I have included love and kindness and fixed point gaze meditations more recently as well.

3. *How helpful has this workshop series been for you?*

On a scale of 1 to 10,,,8: 2, 9: 2, 10: 2. **Average: 9.**

4. *Specifically, how has it helped you deal with workplace issues?*

### **Living with Uncertainty**

Recognizing "thoughts" for what they are. Accepting how to live with uncertainty.

### **Calm and Confident**

I haven't been employed in a few months, but I know it will serve me well when I find work. I think it will help me be a more calm and confident version of myself.

## **Focus**

it has helped me to focus on what is important and not on the little things that are not.

## **Emotions, Better Relationships**

As a Team Lead at work, being present with my emotions and present with my work has allowed me to make better on the job decisions as well as foster better relationships with my coworkers.

## **Clear Head**

I am often busy at work, with no real team to share workload. I have used mindfulness to clarify in my own mind what needs to be done and when. When there is too much to do and too little time I am not relating that back to any weakness or lack of ability on my part. With a clear head I can define for my bosses what they can expect from my role.

## **Reflect**

It has taught me to reflect before pursuing a challenge, be it an email or a response in a meeting.

5. *How much time are you spending on meditation practice at home?*  
5-10 min. (2); 10 min.; 25 min. 20 – 35 min.; 25 min.

6. *Do you think other people could benefit from learning about mindfulness—both meditation and the other practices?*

Yes (all 6)

7. *How would you explain to a friend the impact "Workplace Mindfulness" and mindfulness practice has had on you?*

### **Dealing with Thoughts**

The main impact has been how to deal with thoughts before they get out of hand and lead to a stressful reaction.

### **Managing Difficult Emotions**

It has been a great way to build resilience and improve my mental health. I feel more able to manage difficult emotions and be a more centered individual.

### **Focus**

it quiets my mind and helps me focus: calming.

### **Better Respond to Stressors**

The practice has allowed me to create a larger space between thought and action, and as someone with ADHD, that has been very helpful. and When I am stressed at work, I am able to better respond to stressors and take proper action.

### **Creativity and Clarity**

The connection to how we think, feel and act is profound. Establishing a new relationship with thought opens up space for creativity and clarity.

### **Priorities and Patience**

Helped me realize the present, issues which are important now and taught me to be patient.

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