

Resilience Through Mindfulness: Spring 2024

This 6-week workshop series ran from May 23rd to June 26th with both in-person and Zoom participants.

Ten people attended the introductory session, and eight attended the last session.

The 1 ½ -hour weekly sessions included confidentiality; check-in; mindfulness instruction, training, and guidance; presentation on a topic; discussion and Q&A.

The session topics were:

1. Introduction: Mindfulness and the Ups and Downs of Life
2. Effects of Negativity Bias
3. Basic Goodness: Inner Capacities
4. Rumination and Worry: A New Relationship with Thoughts
5. A New Way to Work with Challenging Emotions
6. Self-Kindness and Clear Seeing

By way of evaluation, participants completed the “Brief Resilience Scale”, developed by The Ohio State University, at the first and last sessions (pre/post). This scale consists of 6 questions:

Brief Resilience Scale

1. I tend to bounce back quickly after hard times
2. I have a hard time making it thru stressful events
3. It does not take me long to recover from a stressful event
4. It is hard for me to snap back when something bad happens.
5. I usually come through difficult times with little trouble.
6. I tend to take a long time to get over setbacks in my life.

Five participants completed both the pre and post evaluations.

Scale: 1) Strongly Disagree, 2) Disagree, 3) Neutral, 4) Agree, 5) Strongly Agree

Participants.....	#1 Pre	Post	#2 Pre	Post	#3 Pre	Post	#4 Pre	Post	#5 Pre	Post
Questions										
1. I tend to bounce back quickly after hard times	2	2	2	1	4	4	4	5	1	4
2. I have a hard time making it through stressful events.	1	2	1	1	4	4	4	4	1	4
3. It does not take me long to recover from a stressful event.	4	3	1	1	4	4	3	4	2	5
4. It is hard for me to snap back when something bad happens.	1	2	1	2	3	3	4	4	1	5
5. I usually come through	2	3	2	1	2	4	4	4	1	4

difficult times with little trouble										
6. I tend to take a long time to get over setbacks in my life.	1	2	1	1	3	3	4	5	1	2

Totals 11 14 8 7 20 22 23 26 7 24

Improvement

By Participant... +27% -12.5% +10% +13% +243%

Average Improvement: 56%

Reflection

The person who progressed from totals of 7 to 24 disclosed to the facilitator/trainer that she had been through significant hardship due to family illness combined with the stress of a toxic workplace. Meditation practice had helped, which this workshop series strengthened. She took comfort in being part of a group of people with similar interests, enabling her to relax with the material that was presented (such as lovingkindness).

“I was feeling pretty bummed when I started, but have certainly felt a shift,” she reflected. “Hard to explain, but feeling more grateful and connected. Something has settled as the meditation becomes more of a habit.”