

Distracted? Stressed? Impulsive?

Note: “Mindfulness for ADHD” was offered twice in 2025. As it can benefit people who do not have this diagnosis, it is being offered now as “Distracted? Stressed? Impulsive?”



“Having completed the “Mindfulness for ADHD” workshop series, the ‘Intention Practice’ was the most important for me, which was to focus on a project, notice when I got distracted, and come back to the project at hand. This was not easy at first. I saw how often my mind drifted from the intention.

By the end of the series, I had a good grip on it. I was able to take on the task of painting my bathroom, and now it’s finished! I was so used to not getting things done in the past.” --Casey

“I have found that after attending lessons and working through the skill building techniques learned in Andrew Safer’s course, I 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 more important.” --George

RESEARCH

“**The** overall results indicated that Mindfulness-Based Interventions had large effects on inattention... and hyperactivity/impulsivity...relative to control group.”

--Jiaming Xue, “A meta-analytic investigation of the impact of mindfulness-based interventions on ADHD symptoms”, June 2019.

“**Leaders** who are excessively distracted, such as with multitasking, may be compromising cognitive brain functioning, while engaging in mindfulness may replenish the brain and thereby enhance leaders’ ability to sustain focus and tap into higher cognitive functioning.”

Paul Mohapel, “The Neurobiology of Focus and Distraction...”, April 16, 2018.

**Andrew Safer, Safer Mindfulness (709) 771-6908, safermindfulness@gmail.com,
www.safermindfulness.com**