



Mindfulness Breaks

Taking breaks throughout the day to clear the mind and focus on oneself have been proven to have positive health benefits on the mind and body. Mindfulness-based stress reduction (MBSR) is a way to explain the art of meditation in the workplace. Meditation is an effective way to focus on breathing and relaxing the mind. Studies have shown that meditating at least once a day can help the body to prevent against clinical issues such as cancer, heart disease, depression and anxiety. MBSR, if practice is encouraged at least once a day, will help to alleviate stress in the workplace as well as outside stressors. The budget of this intervention depends on the quality of the resources used. For example, hiring a meditation instructor could cost anywhere from \$75-\$100 per hour; however, using a video could be free.

How to Implement

- With your wellness committee, establish employee/student interest in having group mindfulness breaks with a meditation instructor for up to an hour per day
 - With your wellness committee, establish employee/student interest on taking short breaks to practice meditation at workplace desks
 - Identify an appropriate location and time to hold group mindfulness breaks
 - Find/hire a meditation instructor (reaching out to local yoga studios would be a good place to start) or video to use
 - Communicate information about when classes will take place to students and employees.
 - Consider showing to a large group or allow people to do it at their desk- send calendar reminders to those interested in participating either virtually or in person.
 - Remind managers, employees, and students of trainings to address work stress
 - <https://pshcompass.csod.com/GlobalSearch/search.aspx?s=1&q=stress>
- Incentivize usage of the room by entering employees for a monthly drawing each time they visit the room.

To encourage attendance classes, you may try:

- Offering a chance to leave the workday early for attending
- Distributing coupons to attendees for local restaurants, yoga studios, etc.

Evaluation

To assess the impact of the intervention:

- Track attendance via sign in sheet if meditation classes are in person, or via online if classes are held through videos/Zoom
- Survey employees/students on how their energy and stress levels changed following meditation practices
- Survey individuals on which form of practice they enjoy best (i.e. in person or video)



Example Pre and Post Questions:

- Anonymously rate your energy level on a scale from 0-10. **(Ask pre/post each time.)**
- Anonymously rate your mental alertness on a scale from 0-10. **(Ask pre/post each time.)**
- Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never
- What is your biggest barrier to positive mental health? (Check all that apply.)
 - Work stress
 - Micromanagement
 - Home stress
 - Busy schedule
 - Coworkers
 - Relationships outside of work
 - Other
- Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?
- How often do you find your work or school load stressful?
 - Always
 - Often
 - Sometimes
 - Hardly ever
 - Never



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- How often do you have physical symptoms that are likely stress related? (e.g., teeth grinding, headaches, palpitations, stomach aches, back aches)?
 - Never
 - Once a month
 - A few times per month
 - Once a week
 - Multiple times per week
 - Daily
 - N/A or I'd prefer to not answer

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied

- How many hours do you spend on campus each week working and/or doing school work?

- During the past 30 days, for about how many days have you felt worried, tense, or anxious?

- Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- During the past month, other than your regular job or school load, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
 - Yes
 - No

- How many times per month did you take part in this activity during the past month?
 - And when you took part in this activity, for how many minutes did you usually keep at it?



Mindfulness Break Sign-In Sheet		
Name	Student or Employee?	Email



LionPulse Session Evaluation

Campus: _____ Session: _____

Date: _____ Time: _____

1. Was the time of this program convenient for you?
 - a. Yes
 - b. No

2. Was the topic of interest?
 - a. Yes
 - b. No

3. How often would you attend programs?
 - a. Monthly
 - b. Quarterly
 - c. Not at all
 - d. Other _____

4. Based on today's experience, will you encourage your colleagues to attend?
 - a. Yes
 - b. No

5. Will you make changes in your life based on what you learned today?
 - a. Yes
 - b. No

6. What program topics would you like to see in the future?
