

# MINDFULNESS FOR MORE: PILOTING A MINDFULNESS PROGRAM FOR UNDERSERVED POPULATIONS



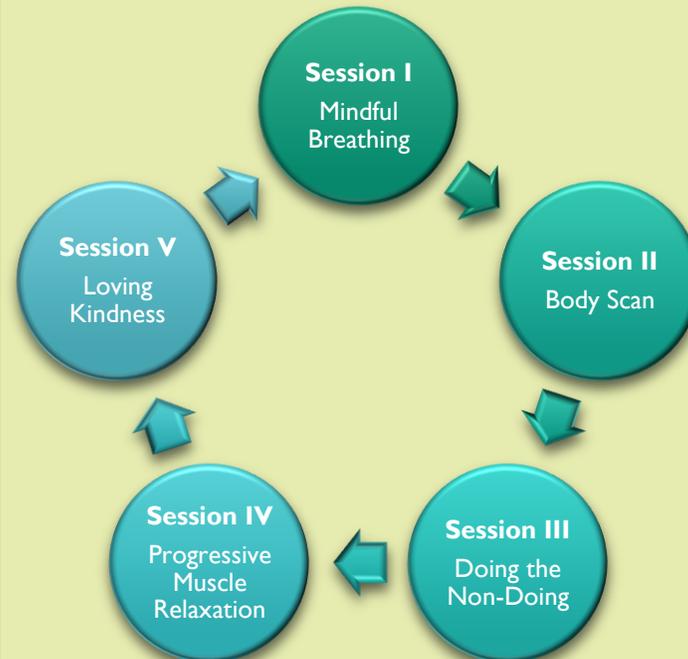
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## Mindfulness as an Intervention for Underserved Populations

- ❖ Research has shown that engaging in mindfulness significantly improves mental and physical health
- ❖ Despite the prevalence of physical and mental ailments that burden underserved and marginalized populations, there remains a lack in the literature related to the benefits and feasibility of using mindfulness among homeless populations
- ❖ The proposed study aims to investigate the feasibility of implementing and developing a mindfulness-based program in two gateway homeless shelters in Dayton, Ohio.
- ❖ In addition to being a test of feasibility, this study will investigate the impact of participation in the program on state anxiety

## Methods and Proposed Analysis

- ❖ Participants complete a pre- and post-test with six items related to state anxiety
- ❖ Though data collection is currently underway, changes within and between subjects will be analyzed to determine if significant change is correlated with session attendance



## Program Design

- ❖ Participants are asked to commit to at least one session of the program to participate, but are encouraged to attend all five sessions.
- ❖ Participants learn to cultivate mindfulness through five individual sessions:

**Mindful Breathing** This script brings the participants' awareness to the breath

**Body Scan** This activity is devoted to participants' recognition of the sensations in their body as a whole

**Doing the Non-Doing** This session is devoted to developing awareness for the present moment by recognizing thoughts as distractions that can be let go.

**Progressive Muscle Relaxation** This body scan activity demonstrates for participants the difference between deep relaxation and extreme tension.

**Loving Kindness** This session demonstrates the idea of separating a negative action from the person who performed it