



Results of Mindfulness Feasibility Study with First Responders

April, 2017

Background

Canadian mindfulness consultancy [MindWell-U](#) piloted its evidence-based [30 Day Mindfulness Challenge](#) with first responders from across Canada and their buddies (everyone who takes the Challenge is invited to take it with a buddy of their choice).

The bilingual training started on February 27, 2017 and included members of the fire, police, military, EMT, ER, rescue, and 911 communities.

The training is all online, just 5-10 minutes a day and can be accessed anytime, anywhere and from any device.

The Challenge has been successfully delivered in a variety of workplace settings including healthcare (**Vancouver Island Health Authority**), academic (**UBC, Harvard Law School, Memorial University**), business (**WestJet, Coca-Cola, EY**) and professional sports.

%	First Responder Outcomes
95	Feeling better about health and wellbeing
93	Managing stress better
92	Practicing greater self-care
92	Focusing better on tasks
91	Engaging more with work
91	Managing conflict better
89	Treating others more kindly
88	Communicating better
83	Leadership skills have improved
81	Collaborating better with others
80	Managing time better



Take 5

The group completed 6041 Take 5's which is the Challenge's core 'mindfulness-in-action' practice. Take 5 can be done in the middle of whatever is going on - a meeting, call, procedure, drive etc.

No dark rooms, yoga mats or scented candles required!



300+ Hours

The group practiced more than 300 hours of mindfulness during the Challenge. Science shows that benefits occur after just three days of mindfulness.



Satisfaction

97% of participants were satisfied with the Challenge and **96%** would recommend it to colleagues and friends.



Completion

50% of participants made it to the final week of the Challenge and 30% completed all days.

Two things of note: The average completion rate for online training is 7-10%; and participants in this cohort took the Challenge on their own - completion is even higher when a group, team or workplace takes the Challenge altogether.



Take 5 Sticks

Almost 100% of participants said they integrated Take 5 into their life and will continue to practice it. This is consistent with what we've seen from participants at UBC, WestJet, Harvard Law School, Coca-Cola and more.

Participant Feedback

"After a stressful interaction with a colleague I was able to Take 5 and get back into the Zone."

"When I get distracted I Take 5, get re-energized, and refocus on my work."

"Learning how to get and stay in the zone reduced feelings of stress.... it gave me a time out when I needed it most."

"Practicing Take 5 at work brought me back to the present moment so I could tackle the tasks at hand."

"Over the course of the 30 Day Challenge I've become more resilient when dealing with adversity."

"The Challenge has helped me pay more attention when driving which is critical for safety and my job."

"I am easily frustrated and since the Challenge I've really noticed a difference when I feel like I'm getting angry or upset. Take 5 calms me way down so I didn't have that bad reaction."

"I am less knee-jerk reactive now."

"I am sleeping better which is huge for me."

"The Challenge and Take 5 have taught me to take a step back and look at things differently."



For more information on the 30 Day Mindfulness Challenge, its evidence base, these first responder pilot results or how the Challenge can improve employee mental health, resilience and performance at your workplace, please contact:

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