

Mindfulness Training Session

Please complete this survey before the session by circling the appropriate number that responds to the prompt. After the session mark the response that best responds to the prompt by marking an 'X' in the appropriate box.

Key 1. Strongly Disagree 2. Disagree 3. Agree 4. Strongly Agree

Topics		1	2	3	4
1.	I can name some of the mindfulness practices to effectively manage the stress from work	1	2	3	4
2.	I can recognize elements of self-compassion to practice in times of stress	1	2	3	4
3.	I am aware of what is meant by practicing mindful moments	1	2	3	4
4.	I can identify some of the elements of burnout	1	2	3	4
5.	I am aware of what is meant by the practice self-care, and why it is important	1	2	3	4
6.	I am aware of the benefits of, and how to practice "letting go"	1	2	3	4
7.	I know some of the benefits of mindfulness practice	1	2	3	4
8.	I have considered what it means to have '24/7' connectivity, and thought about giving myself permission to unplug or step away from the job	1	2	3	4
9.	I am aware of some of the ways in which mindfulness can add to the stress reduction of teachers and students	1	2	3	4
10.	I know some of the things I can do to be more fully present in the moment	1	2	3	4
11.	I am aware of a variety of ways to teach mindfulness practice in my classes/groups.	1	2	3	4
12.	I know how to help students with anxiety "self-soothe" with mindful self-compassion practice	1	2	3	4
13.	I know several resources for mindfulness practice- CDs, books, and video or other resources	1	2	3	4
14.	I am aware of some of the statistics about work/school anxiety and depression	1	2	3	4