



## 5 MINUTE MINDFULNESS

### FACTS ABOUT MINDFULNESS

Mindfulness Based Interventions (MBIs) have shown to improve resiliency and mental wellness. Hofman and colleagues outline a review of well-designed, randomized controlled trials comparing Mindfulness Based Stress Reduction (MBSR) to active control conditions. The team found that “MBIs are effective in treating a broad range of outcomes among diverse populations. These outcomes include clinical disorders and symptoms such as anxiety, risk of relapse for depression, current depressive symptoms, stress, medical and well-being outcomes such as chronic pain, quality of life, and psychological or emotional distress.”

### OUR PROGRAM REACH

Based in MBSR, the “5 Minute Mindfulness curriculum” has been deployed in K-12 schools for over 7 years.

- 2015, 2016 and 2017 we deployed mindfulness trainings at the Compassionate Schools / Resilient Schools initiative at USC Upstate.
- In 2018, we integrated the program into some Spartanburg County Schools in Districts 3, 4 and 7 including Whitlock Learning Center.
- Dr. Jada Kidd Robinson invited Mental Fitness to present as Keynote for the 2019 Alternative School Educator Conference in Columbia, South Carolina, where over 150 educators were trained on the model.
- As a result of the above, Lexington and Richland County schools will deploy the model in 2019-2020.
- In 2019 we led trainings for 90 SC Vocational Rehabilitation Counselors in Columbia, SC to launch a new mindfulness focused job skills training program using our curriculum.
- In 2019, District 7 Schools will roll out an after school program at Mary H. Wright Elementary School as part of the first mindfulness after school program, led by Colin Bauer and Dr. Carson.

“As the school nurse at Spartanburg Day School, I am most interested in the health and well-being of our students, faculty, and families. This concern goes beyond headaches and scraped knees, includes areas of mental and physical health that can be hard to identify and treat. Our relationship at SDS with Mental Fitness Inc. and Robyn Husa Farrell has benefited our entire community in a multitude of ways.

This organization is an outstanding resource for learning about and dealing with eating and mental health disorders and teenage stress.

Mental Fitness has the answers.”

~Marilyn Burnett, RN,  
Spartanburg Day School

## MENTAL FITNESS

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# OUR IMPACT



**Courtside Mindfulness—Keep Your Head in the Game: The Effects of 8-Week Mindfulness Training on Adolescent Volleyball Athletes**

Jessica Patrizi, OMS-IV, Aubrey Jones, OMS-II, Timothy Bishop, OMS-II, Alexis Stoner, PhD, MPH, Natalie Fadel, PsyD, Heather Bendyk, MBA



### Abstract

**Background:** Since the introduction of mindfulness to Western thought, there has been a surge of research... (text continues)

### Results

**Table 2 Comparison of mean and standard deviation of survey measures at various time points against the published standard mean using the Wilcoxon Signed Rank Test**

Measure	Baseline	4 Week	F value	P value	8 Week	F value	P value
Sport Anxiety	29.14	27.53	0.0001	0.981	24.88	0.0001	0.981
Somatic Anxiety	15.50	13.50	0.0001	0.981	12.50	0.0001	0.981
Confidence	7.19	7.31	0.7130	0.400	6.63	0.0001	0.981
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### Conclusions

• MTFV significantly improved overall mindfulness, anxiety, confidence, and sport performance in adolescent volleyball athletes.

• Athletes reported more worry at baseline in comparison to the standard mean.

• Mindfulness training may indirectly improve sport performance through improvements in self-confidence.

• The MTFV curriculum and mindfulness techniques taught to athletes may provide mental health awareness and prevention.

• Future studies should assess the effects of MTFV on adolescent volleyball athletes utilizing a larger sample size and randomized controlled study design. Additionally, more objective performance measures, such as individual stats and team standings during competition should be incorporated to complement subjective performance.

### Introduction

• Mindfulness is being mentioned... (text continues)

### Methods

• 12-18 year old volleyball athletes from 10 different schools... (text continues)

### References

• Mindfulness-Based Stress Reduction (MBSR) Program... (text continues)

### Acknowledgments

• We thank VCOM's Research Department... (text continues)



Dr. Jessica Patrizi

## POSTER PRESENTATION 2019 AMERICAN PSYCHIATRIC ASSOCIATION ANNUAL MEETING

- In 2018, working with researchers from Edward Via College of Osteopathic Medicine (VCOM), Mental Fitness's staff and trained facilitators led mindfulness programs for adolescent athletes at Upward sports. The findings were presented at the 2019 American Psychiatric Association national conference in San Francisco.
- Athletes reported significantly more worry at baseline compared to the standard mean (p=0.0364). Somatic anxiety was significantly reduced at both the 4 week (p= 0.0089) and 8 week (p=0.0013) time points compared to the standard mean.
- Athletes reported significantly higher levels of mindfulness at baseline (p= 0.0039) compared to the standard mean.
- Adolescent athletes reported similar confidence to the standard mean for high school athletes (p=1.878), but were significantly less confident compared to elite athletes (P <0.001). By the 8 week time point, athletes reported confidence levels statistically similar to elite athletes (p=0.1115).

Patrizi, J., Jones, A., Bishop, B., Stoner, AM., Fadel, NM., Bendyk, H. Courtside Mindfulness—Keep Your Head in the Game: The Effects of 8-Week Mindfulness Training on Adolescent Volleyball Athletes. American Psychiatric Association Annual Meeting. Poster Presentation. May, 2019.

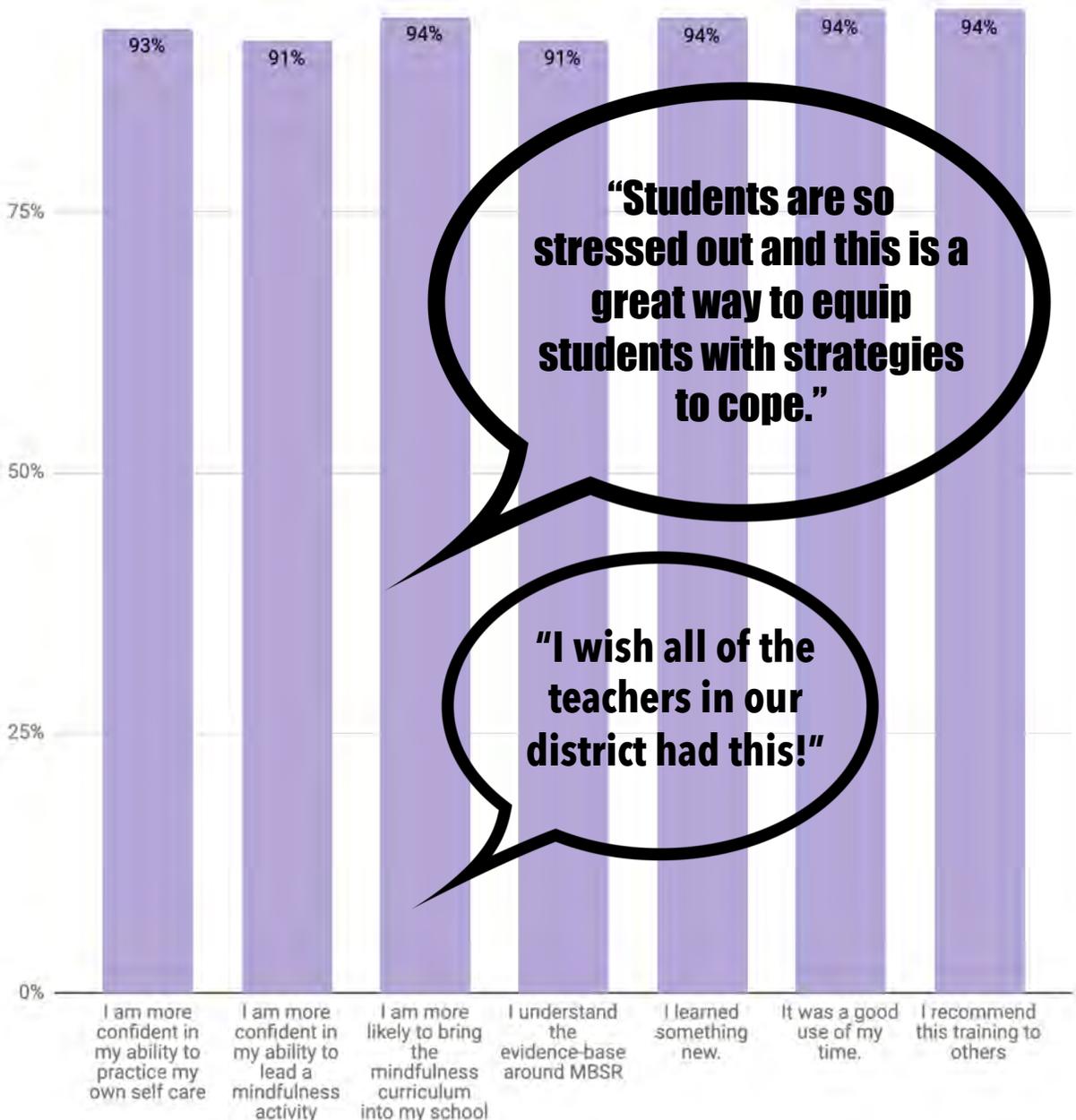


## MINDFULNESS BY THE NUMBERS

As part of the suicide prevention initiative being led by Mental Fitness, Cherokee County Schools had 25 educators trained in our **5 Minute Mindfulness** program. They each provided responses through post-program survey feedback. As a result of the training, they provided the following feedback.

Testimonials from 4/25/19  
training in Cherokee County:

**“Students come into our building every day carrying the weight of problems at home. This training gives me one way to help them learn how to carry that weight”**





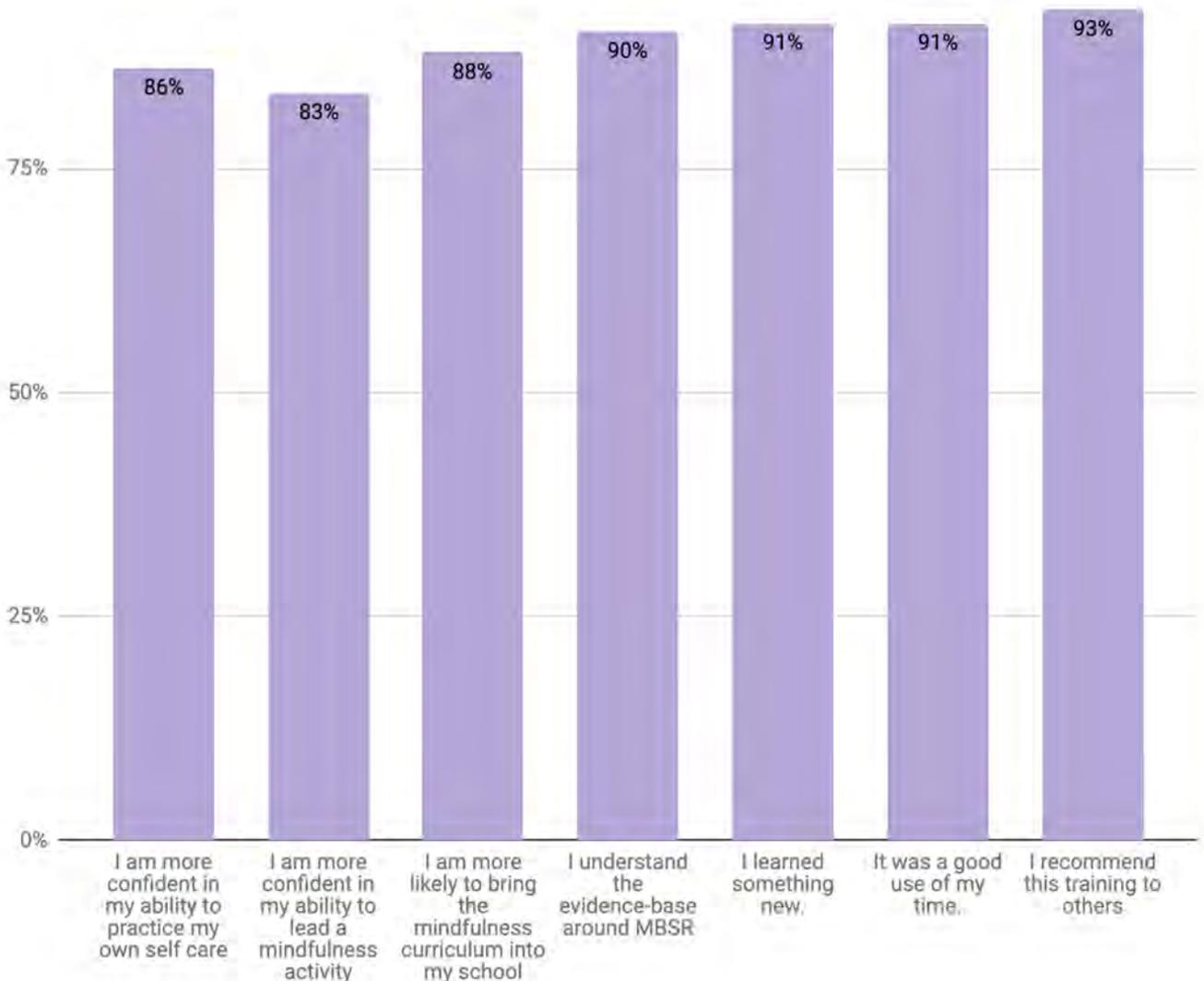
## MINDFULNESS BY THE NUMBERS

In a recent training for Cherokee County Schools, 25 educators provided responses through post-program survey feedback. As a result of the training “How to Lead Mindfulness in the Classroom Setting” ...

Testimonials from 8/13/19 training:

**“Every teacher / counselor / admin should be trained in this!!”**

**“It is so important to acknowledge what our students may be dealing with before trying to teach academics!”**



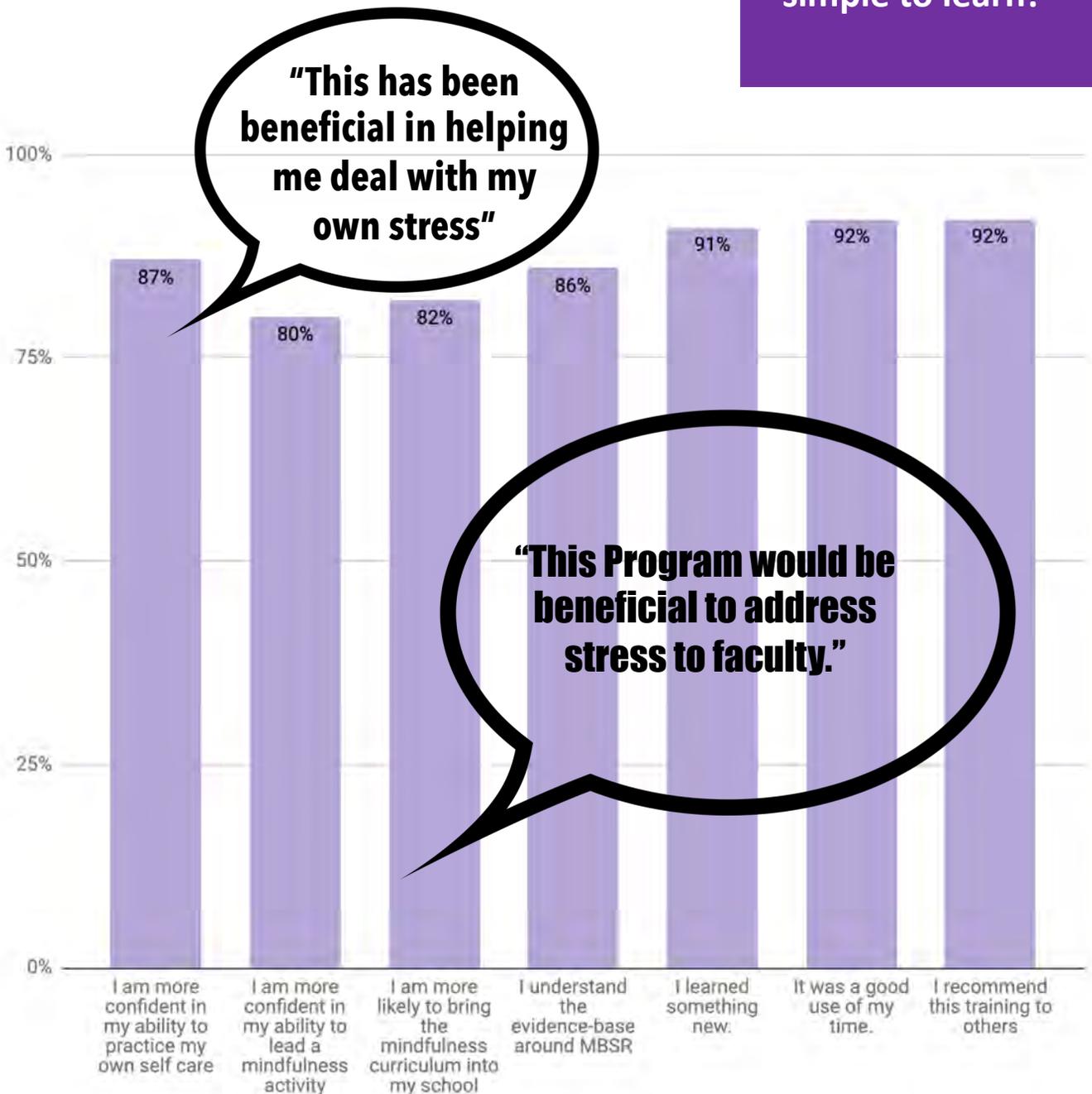


## MINDFULNESS BY THE NUMBERS

Testimonials from July, 2019  
trainings in Columbia, SC for  
79 Voc Rehab Counselors:

As part of the SC Vocational Rehabilitation state conference for counselors, 79 counselors were trained in our **5 Minute Mindfulness** program. They each provided responses through post-program survey feedback. As a result of the training, they provided the following feedback.

**“These techniques are easy to use and simple to learn!”**





## MINDFULNESS BY THE NUMBERS

As part of the SC Department of Education Alternative School Educator workshop in Columbia, SC, 150 educators were trained in our **5 Minute Mindfulness** program. 79 provided responses through post-program survey feedback. As a result of the training ...

Testimonials from August, 2019  
trainings in Columbia, SC for  
150 Alternative School  
Educators:

**“This was  
excellent! Thank  
you!”**

**92%** Recommended this training to others

**94%** Learned something new

**89%** Found the workshop relevant

**86%** Confident in ability to practice self-care

