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**Practicum: Action Research In Education**

**The Impact of Mindfulness on the Faith-based Community**

**May 13, 2025**

### **Abstract**

This paper explores how mindfulness practices impact adults in the faith-based community to be intentional about improving and enhancing their personal wellbeing. While faith-based community members focus on the strength of our spiritual wellbeing, we sometimes forsake our emotional, mental, physical and social wellness. In the African American community, including the faith-based community, we face additional barriers to our wellness, including racism, economic disparities, lack of adequate healthy food options in our community and more. These disparities can cause a strain on our emotional, mental, physical, social and spiritual wellbeing, through stress, anxiety, anger, fear, hunger, sleep deprivation, etc. In this paper, we highlighted these barriers and offered a solution to support the African American faith-based community in their personal wellbeing through the power of the breath.

Participants engaged in weekly 15-minute mindfulness meditation and mindful movement practices for 16 weeks to manage stress, anxiety and unfavorable situations and to improve sleep and eating habits, focus, self-esteem, confidence, body movements and their overall health. Data revealed that weekly mindfulness practices impacted participants to improve and enhance their personal wellbeing in at least two of these areas by 10% and for most participants over 20% in nine of the ten assessed areas, ultimately improving their overall wellness emotionally, mentally, social, physically and spiritually.

Participants indicated that the practices of 3 Collective Breaths and Mindful Listening were the most impactful and regularly implemented in their life and as they engaged with their family and others. Overall, participants noted growth, improvements and an indication that they would like to continue mindfulness practices as they move forward in their wellness journey.

## **Introduction**

My wellness journey began about twenty-five years ago with my finances. I did not make much as a Teacher Assistant and would only have enough money at the end of the month for hotdogs, bologna, bread, noodle soup, canned goods and bananas. I lived off of this, with the occasional meat purchase, for a while. I decided that I would at least keep up with my exercise since I could not afford healthy foods. I remained faithful with exercising, so much so that I began teaching aerobics at my church and at the local community center for a modest pay. I was also working on my financial state and things were progressing well, but then I got deathly sick. I was given my diagnosis with a care plan, but I had to decide quickly how I would proceed with my long-term care. I was already navigating through anger, depression, loneliness, harsh language and fear, but I finally made my decision for my care and my journey to holistic health began.

As I progressed toward holistic health, I came upon the then Breathe for Change 200-hour Certified Yoga Teacher (CYT 200) and Social-Emotional Learning Facilitator (SEF\*F) training on social media. I had previously taken a few yoga classes and was beginning to understand the power of the breath, but I did not have the knowledge or an understanding of the world that is yoga and breathing. In addition, I am a Christian and as I considered signing up for Breathe for Change and even after enrolling, I warred within about whether yoga would conflict with my Christian walk. Through prayer, Bible study and researching a bit about the history of yoga, I realized that there was no conflict at all! I was settled in peace as I moved forward on my first day of my journey with Breathe for Change!

What a journey it has been! I had already begun the work of understanding the root of my angry attitude, harsh words, and unapproachable disposition and moving toward freedom. The Breathe for Change 200-hour certification simply helped me to finish the process, seal the transformation and then re-emerge into the joyful attitude, accepting and respecting of all people and full of grace disposition that is me! My re-emergence included a healthier me, emotionally, mentally, socially, physically, financially and spiritually! And I wanted this for everyone!!!

I began the work of wellness with my family, friends and colleagues by being more accepting, more grace giving and offering opportunities for authentic engagements and conversations. I participated in two learning programs, in 2024, including the Rural Clergy Fellows program (January-October) and the Eight Dimensions of Wellness with Esther's House (February-September). During these programs, I was entrenched in learning about the importance of community and holistic wellness, personally and in the faith-based community. I took the training from these two programs and my education and certification from Breathe for Change to continue my passion of wellness for all by offering mindfulness and yoga classes and by establishing and pouring into my nonprofit, Aunties Against Abuse, including Aunties Day of Wellness to support young ladies ages 5-18 to be holistically well!

As I have gained a deeper understanding of the interconnectedness of the body, soul and spirit, I began to learn how to support personal wellness and the grace to offer a space where others could be transformed with the power of the breath! And, I wanted this for my community! My continuing education with Breathe for Change has afforded me the opportunity to engage my community once again with an Action Research Initiative. As I have considered how to impact my community, I gave a self-assessment on what helped me begin and maintain my wellness journey. It was personal prayer, meditating on the scriptures in the Holy Bible and most recently, learning about the power of the breath, which included mindfulness practices. This information was a key starting point, but additional research was needed!

It was noted in a study conducted by Cheryl L. Woods-Giscombe' and Susan A. Gaylord (2005), that African Americans experience disproportionate rates of morbidity and mortality in response to stress-related health conditions, including cardiovascular disease, adverse birth outcomes, obesity, and diabetes, when compared to their European American counterparts ([Smedley, Stith, & Nelson, 2002](#); [Sternthal, Slopen, & Williams, 2011](#); [Williams, Mohammed, Leavell, & Collins, 2010](#)), which may be due to their history and socioeconomic position in American society ([Sternthal et al., 2011](#)). I have witnessed firsthand how economic disparities affect African Americans, including lack of healthy, nutritious food options in our community to distrust in the health care system or lack of adequate professional healthcare services to environmental factors,

such as waste dumping and lead poisoning.

In addition, daily and chronic exposure to racism-related stressors and socioeconomic vulnerability are identified as affecting health in African Americans ([Williams et al., 2010](#)). I have witnessed the emotional, mental and social turmoil of racism on myself and others in my community. It is devastating and trauma-inducing to see stills and moving images of African Americans being mishandled, mistreated, tased and killed. There is a real and growing concern for personal safety, family safety and community safety within myself and within the African American community, which elevates stress, fear and anxiety.

In addition, 46% of African-Americans have worse sleep quality and shorter sleep duration and compared with 33% in non-Hispanic Whites ([Centers for Disease Control and Prevention\[CDC\], 2017](#); [Ruiter et al., 2011](#)) and have more sleep disturbances ([Hirotsu et al., 2015](#); [Wetter & Young, 1994](#)). In speaking with a few African Americans and considering my own sleep patterns, insomnia and other sleep disturbances affect our emotions, mood and attitude. Lastly, as mindfulness promotes self-compassion and self-acceptance, this practice could be especially useful for African Americans and other populations who experience discrimination and other chronic stress ([Witkiewitz et al., 2013](#)).

As I reviewed the research and my own self-assessment, I concluded that if mindfulness practices have supported me in being less angry, lowered my blood pressure, decreased my stress levels, increased my self-acceptance and compassion for myself and others, then it might just work for my African American faith-based community.

### **Plan**

My faith-based community participants consisted of African American individuals over age forty; both able bodied and limited mobility; and some healthy and some under a care plan. My focus on this population was due to several factors, including 1) my church had previously hosted walking and aerobics classes and is currently offering nutrition education and cooking classes; 2) when the ladies at my church discovered that I am a certified yoga instructor, they inquired as to when I would begin teaching classes for them; and 3) listeners of

my faith-based broadcast had previously participated in my yoga and mindfulness classes. With this knowledge, I believed that they would embrace mindfulness practices as a tool to support their overall wellness. In addition to offering classes, I shared my testimony of my wellness journey. According to the University of Maryland (2017), “Wellness is more than health. It is living fully. We believe wellness is conscious and inclusive, self-directed and evolving, holistic and multidimensional, positive and affirming”. As I assessed wellness offerings in my community, I realized that there was a lack of programming that offered practical, holistic wellness strategies and support, including mindfulness. I concluded that by engaging in this action research initiative, that focused on wellness for my faith-based community, I could provide a foundation and become a catalyst to establish such programming to support my community to be holistically well.

In preparation, I set about updating and creating forms and documents that included my current liability form, wellness website, flyer, formal announcement and pre-survey. At church, my Pastor gave space for me to make an announcement and with the printed copies of the waiver and pre-survey ready, I signed up members to participate in my Action Research Initiative. Each registrant received an appreciation bag with a journal, pen, the guidelines and schedule and exclusive access to the Practicum Participant Password Protected Page (P5) on my wellness website.

As I progressed in the planning stages, I learned that it was necessary to have stakeholders that would advocate for and engage with the initiative to support the success. The Senior Pastor, who consistently encourages our community to be healthy and well, spoke to several of the congregants to sign up for my class. As the leader of our community, our Senior Pastor only promotes what is beneficial for our growth, so for her to immediately and consistently promote my mindfulness class has been both humbling and essential to the membership registering and joining the sessions! Senior Pastor has been one of my biggest supporters in this action research initiative and has remained engaged with promotion and attendance. It was also essential to have the support of the Executive Board of Be Well! Connection™ as evidenced on the website (Humphrey, 2025). We met for the first time in August 2024 to discuss my wellness initiative and to determine how we may sustain it over time. They are not only a part of the team but were participants of my initiative!

With all of this information, I decided that the practicum for my capstone is, to research and understand the impact of mindfulness meditation and movement on personal wellness, in the faith-based community, with the research question, “How will implementing weekly mindfulness meditation and mindful movement practices impact adults to be purposeful in improving and enhancing their personal well-being in sixteen weeks?” My research question led me to the hypothesis: “to impact adults to be intentional about improving and enhancing their personal wellbeing with mindfulness meditation and movement in sixteen weeks.” I approached this hypothesis by offering a weekly, virtual 15-minute mindfulness class from November 2024 to February 2025, centering on my faith-based community.

### **Act**

On November 3, 2024, I launched my initiative with six motivated members of my faith-based community (an additional member joined in January 2025), by teaching a lesson on mindfulness and its benefits; to introduce the curriculum; to review guidelines and expectations and to answer any questions. To close the class, I led participants in three collective breaths. Using the Breathe for Change Curriculum, I led an additional fifteen mindfulness classes focused on breath awareness, compassion, gratitude and maintaining presence. I also shared quotes of inspiration and benefits of the practices. I hosted the sessions virtually, allowing my community to join from the comfort of their own space and I recorded the sessions so participants could practice on their own.

I collected a variety of quantitative and qualitative data each month to observe the impact of my wellness program and to determine if adjustments were needed. I began with a pre-survey to gather baseline data on the present state of wellness of participants’ stress, anxiety, and focus levels; sleep, eating and emotional regulation habits; self-esteem and confidence and their overall health and well-being. The post-survey mirrored the pre-survey to effectively measure the success of the program.

Participants were given a monthly survey that focused on the benefits of the mindfulness practices, teacher effectiveness and personal progress. After four-weeks of practice, 50% of the participants indicated that they

had seen improvements in their personal well-being via a Likert scale (See Appendix A). Participants included their initial thoughts:

- “More aware of breathing”.
- “It has given me a purpose and vision for the day and days to come”.
- “I need to stay focused on my vision”.
- “This mindfulness practice, although I’m a work in progress, helps me to put me first”.
- “I’m enjoying myself”.
- “I look forward to pausing each Sunday at 6:30 p.m. for the session. I feel relaxed and this is helpful to me”.

In addition, the feedback informed me that mindful movement was not a favored practice. I concluded that I may have introduced too many movements for the first practice. However, one participant indicated, via phone, that the mindful movement practice eliminated their neck pain. I celebrated this win, but eventually made an adjustment to include half sun salutations with three collective breaths as a mindful movement. This seemed to be accepted, but I eventually stopped including mindful movement altogether because the mindfulness meditation practices seemed to be more beneficial to the participants. Feedback indicated that 3 Collective Breaths, Attitude of Gratitude and Mindful Listening were the most impactful practices (See Appendix B). The biggest and most heartwarming impact was when Senior Pastor began implementing collective breaths with her sermons. I believed that this immediately improved personal wellness for members of our church and the streaming audience by helping them settle their mind and emotions in preparation for the word.

To enhance the effectiveness of my initiative, I introduced two additional mindfulness classes and office hours at a variety of times during the week. The classes were offered on Tuesday and Thursday mornings at 6:30am. The office hours were offered on Mondays, Wednesdays and Thursdays at various times. After three weeks, I decided to end these offerings due to a lack of participation. However, the recordings of the morning mindfulness sessions were made available at the P5. On the P5, participants had access to wellness newsletters, yoga classes, a mindfulness podcast, information about the benefits of mindfulness and the recorded sessions of

this initiative.

In leading this initiative, I noticed that my teaching evolved to offer a variety of options, including lying down or standing up instead of sitting only during the breathing practices; focusing on an object in their space that brings them peace and most recently, an option to keep their eyes open. In addition, my leadership has evolved over time because I am solidifying my place as a Wellness Ambassador for my faith-based community and a resource for wellness education and programs. I believe these changes will impact me to fulfill my vision of “educating, encouraging and empowering my faith-based community to holistically thrive through mindfulness meditation, yoga and Well! Education classes” (Humphrey, 2025).

### **Observe**

Before beginning my initiative, I conducted a thorough pre-survey with participants to establish a baseline for their present level of wellness. The survey included a collection of quantitative data using a Likert scale to assess participants’ state of emotional, mental, physical, social and spiritual wellness (See Appendix C). Participants determined their wellness based on a rating scale of #1-7 in managing stress, anxiety and unfavorable situations; sleep and eating habits; focus, self-esteem and confidence; body movements and their overall health.

Participants received a monthly survey with a combination of qualitative and quantitative data points, including a Likert scale, multiple choice questions and short answer questions to assess early signs of impact, to assess my teaching methods and to determine if I needed to make adjustments to my initiative. Participants were regularly asked if the mindfulness practices improved their personal well-being.

A post-survey, that mirrored the pre-survey, was completed within a few days following the last session. Based on survey data, all participants saw improvement in at least two wellness areas with over half of the participants seeing an improvement or maintenance in all areas. One-on-one interviews, with pre-selected questions, were conducted within two weeks following the last mindfulness class to hear directly from participants about the impact of the program on their personal wellbeing (See Appendix D).

It was essential to understand the mindfulness practices that impacted participants the most. The monthly surveys answered these questions with 3 Collective Breaths, Mindful Listening, Letter of Forgiveness and Attitude of Gratitude being the most impactful (Appendix B). Based on the interviews, the most practiced in their personal life and the most shared with family and others were 3 Collective Breaths and Mindful Listening.

The immediate and collective feedback highlighted the need to take time to get away for a few minutes to take care of oneself. An unintended but welcomed data point, for my personal growth as an educator, were the phone calls and text messages that I received during the initiative and feedback shared during the interviews that included:

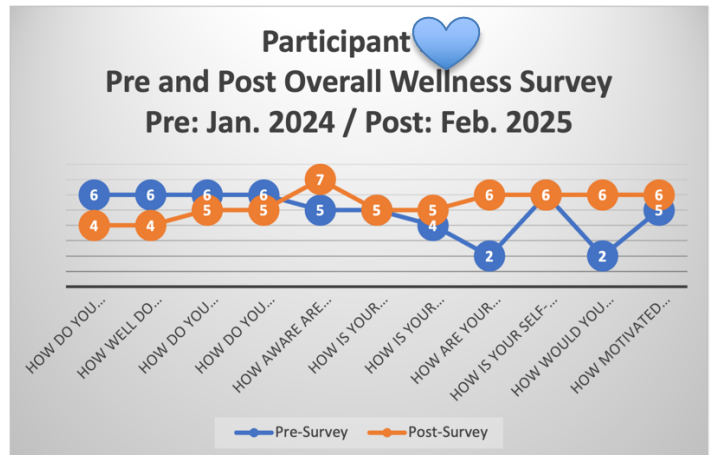
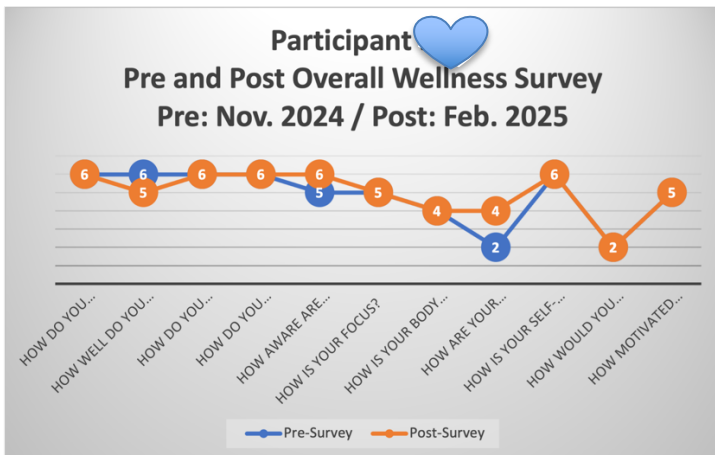
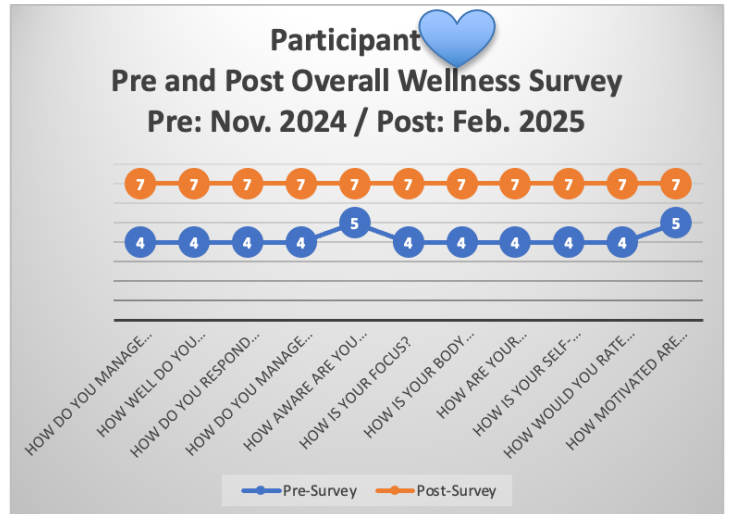
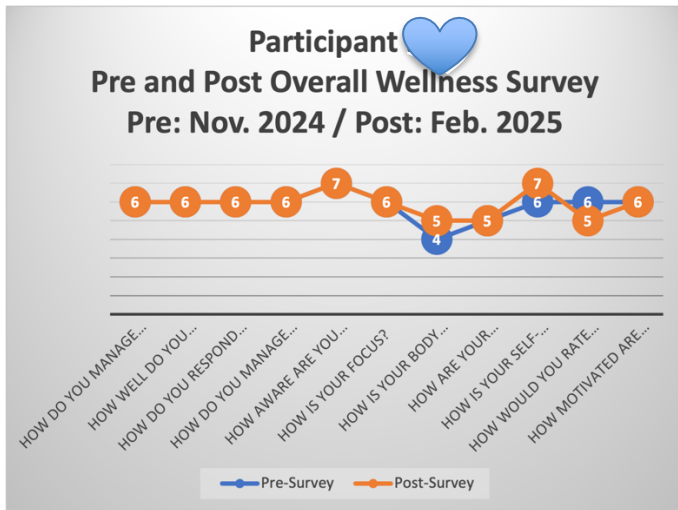
- “Thanks for a great session!”
- “I am grateful for you. You want the best for others.”
- “I was experiencing pain in my neck but after the mindful movement, my neck pain is gone!”
- “A HUGE thank you!”
- “I wished I would have started participating sooner to see greater benefits of the practices!”
- “Your voice is so calming, and it helps so much.”
- “I liked the wording. Even when I was at home and had my camera on and closed my eyes, I felt like I was in a box. Even driving and participating, I still felt calm. I was concentrating on my drive, how can I relax and mellow out.”

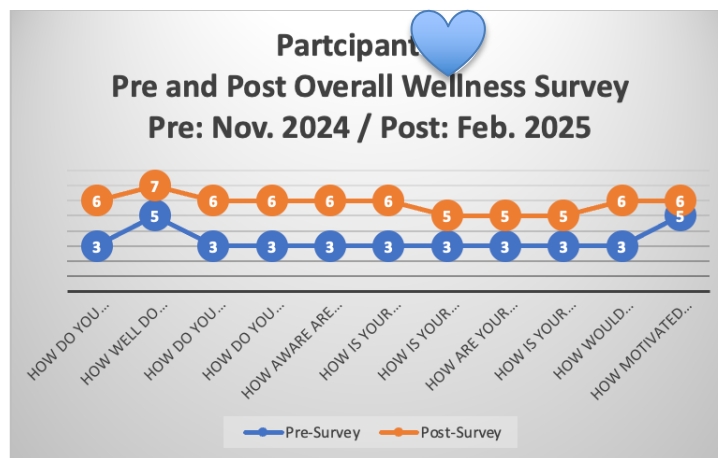
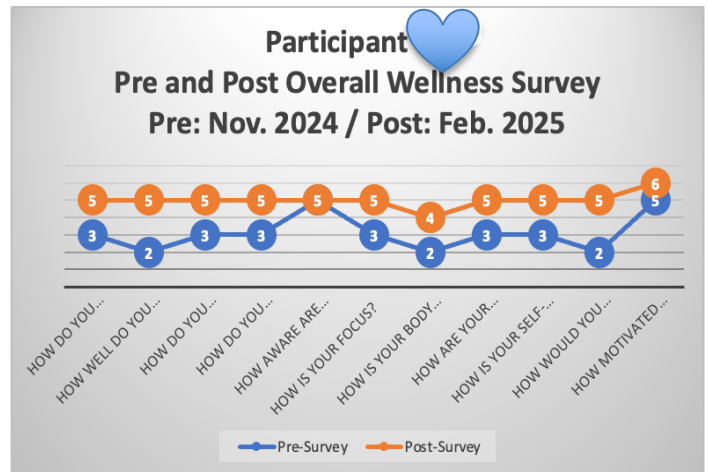
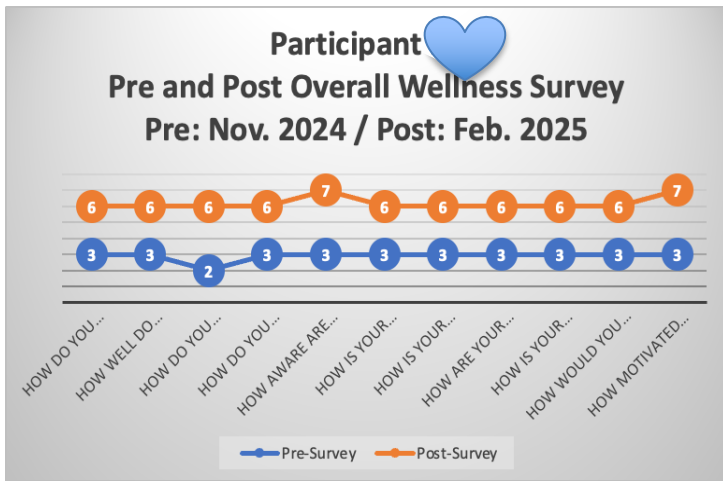
In addition, two of my Breathe for Change colleagues, at two separate instances, noted how my face lit up when I discussed the impact I was making on my faith-based community through this initiative and as I talked about wellness in general.

Using a mixed method of quantitative and qualitative data collection provided a comprehensive view of the impact of my action research initiative.

## **Reflect**

A weekly 15-minute mindfulness meditation and movement class remarkably improves and enhances personal wellbeing by reducing stress, improving sleep, increasing self-love and compassion and encouraging healthier eating habits. The quantitative data reveals that practicing mindfulness impacted all participants to improve and enhance their personal wellbeing by at least 10% in at least two areas with four participants noting an over 10% increase in nine of the ten wellness areas (See below and Appendix E). However, data of three participants indicated a decrease in some wellness areas.





Pre-survey data informed me of the mindfulness practices to implement for my initiative. For example, healthy eating habits ranked low (#2-3) on the Likert scale for over half of the participants (See Appendix C), so I introduced mindful eating to encourage an appreciation for food, flavors and healthy eating. Managing stress and anxiety; focus; and self-esteem and confidence ranked low (#3-4) for 50% of the participants (See Appendix C). In response, I led mindfulness practices to engage participants in breath awareness and self-awareness, such as mindful breathing, mindful thinking, mindful body scan and mindful listening. I also focused on practices that would promote gratitude and forgiveness for self and others.

Qualitative data revealed improved and enhanced personal wellbeing with participants noting:

- “I have started drinking more water.”
- “I am up and walking more with my walker.”
- “I am more aware to calm down and take a breath because I need it!”

- “I am more mindful of loving me.”
- “I suffer from insomnia and the practices help settle my mind before going to bed to help with rest.”
- “Mentally and physically, I have learned how to relax and slow down. I always have stuff in my mind and doing the collective breathing has taken away the anxiety of having so much to do and so much on my mind.”
- “The mindful eating helped me to sit down. I realized a lot of times that I took my eating on the run. I was sitting and eating but I wasn’t really there. With the mindful eating, I sit and realize what I am eating. Now, I deliberately sit down and take my time to take my meals, measure my food and eat only that. It also helped me taste the flavors and seasoning of the food. I would eat more when I wasn’t mindful of my eating”.

According to the Global Health Institute (2022), personal wellness is defined as “the active pursuit of activities, choices and lifestyles that lead to a state of holistic health”. Flarey and Katz (2024) define holistic wellness as “an approach to health that considers the whole person, addressing physical, mental, emotional, social and spiritual components of well-being. It’s rooted in the understanding that all these aspects are interconnected and influence overall health”. My wellness program data shows that when we improve one area of our lives it impacts our ability and confidence to improve other areas of our lives. Being healthy in one area overlaps in other areas. For example, when we establish routines to improve our mental and emotional wellbeing, this translates into our social wellness with improved communication and engagement with others. I considered this as I observed the data for mindful listening. Participants recognized the need to settle their own thoughts and emotions when they heard others speaking so they could focus and be fully present with the speaker. Participants went on to say that they are now intentional about mindfully listening as they communicate with others.

It was revealed during interviews how the most impactful practices were being implemented with self and with others:

- 3 Collective Breaths: Participants used this practice:
  - a) “With my daughter before school.”
  - b) “For myself to control my breathing.”
  - c) “With others when I need them to bring their emotions down. I would ask them to calm down and breathe with me. They would respond, oh, that feels good.”
  - d) “I have tried the practices with my family, especially the breathing in different instances. I would tell my family to hold up. Let’s breathe together.”
  - e) “When I feel I am out of breath, instead of waiting to catch my breath, I practice taking a deep breath in and out. The results are that it has made it easier to calm myself and catch my breath.”
- Mindful Listening:
  - a) “When I have conversations, I am so quick to respond. Now, when I have conversations with my friends, I am actively listening.”
  - b) “When I talk to my sisters, I practice listening more to what they have to say.”
- Letter of Forgiveness:
  - a) “I thought I had forgiven myself of some things but this practice supported me in my journey.”
  - b) “I initially thought the letter was to forgive others. I wrote a letter of forgiveness to (X). I did not give it to (X) but being able to release things...having that letter and writing out thank you for (X) - it helped me release the animosity that was lingering. I also wrote a letter to forgive myself about (X).”

In addition, one participant noted “I have joined a peer group at the college to do grief support. Taking this class helped me in the grief training because I was able to correlate what we were doing in the training and implement it into that aspect”. As I reflect on my research question, I can firmly answer that implementing weekly mindfulness meditation and movement practices significantly impacts adults to be intentional about improving and enhancing their personal wellbeing. The impact supports adults to be well emotionally, mentally, physically, spiritually and socially.

As a growing leader in wellness for young ladies, ages 5-18, through my nonprofit, Aunties, this initiative has supported me in fulfilling my vision of being a Wellness Ambassador for them and for my faith-based community. Currently, my community lacks a space that offers holistic wellness. I want to fill this niche not only for my faith-based community, but for government agencies, businesses and everyone in my community. Based on the results of my action research with my faith-based community, implementing mindfulness meditation with other communities, such as with government officials, business executives and company employees, may improve their focus, decrease stress and anxiety, support calmness during unfavorable situations and more. I believe that communities who consistently practice mindfulness may experience improved personal and collective wellbeing.

### **Evolve**

Further research is needed to determine the long-term benefits of mindfulness meditation and movement on personal wellness in the faith-based community. I recommend conducting a wellness survey to assess the needs of the community; making a wellness plan based on survey data; hosting information sessions to inform the community of the survey data and the plan; and finally leading a wellness program. It is essential to provide education about holistic wellness, including understanding the interconnectedness of our emotional, mental, physical, spiritual and social health and the impact of establishing and maintaining a healthy balance in each area. Any root causes that would prevent healthy living should also be addressed.

Questions to consider for further research are:

- Why is there a singular focus on spiritual health and not holistic health in the faith-based community?
- What disparities or inequities exist in the faith-based community, and specifically in the African American faith-based community, that prevent holistic wellness?
- What education sessions or wellness activities are needed to best support the faith-based community to be holistically well (nutrition classes, exercise sessions, navigating the healthcare system, yoga sessions,

mindfulness practices, etc.)?)

- What community resources are presently available to support the faith-based community to be holistically well (local health department, wellness-focused nonprofits, etc.).
- How do we define holistic wellness to support the faith-based community and get buy-in from them?
- What local and state resources are available to support wellness initiatives for the faith-based community?

Considering my action research initiative to impact adults to improve and enhance their personal wellbeing through mindfulness practices, I plan to act on these recommendations and further engage in action research through my newly formed, 501(c)(3) nonprofit Be Well! Connection™ (BWC). The BWC team is currently offering weekly mindfulness sessions on Sunday evenings at 6:30pm. Participants of my initiative have re-joined as well as other members of my faith-based community. We have launched a Well! Education survey to learn from the community the topics that will best support them on their wellness journey. We have connected with two nonprofits to support Well! Education sessions and are seeking grant opportunities to provide wellness items for attendees, such as personal care products; healthy food items; mindfulness materials, such as journals and mindfulness cards; yoga props and additional needed items. We will begin offering yoga sessions in July as well. We will collect data and establish a proposal for local and state entities, so we may introduce initiatives to elevate community wellness, holistically, and to expand programming locally and state-wide.

I have taken the continuing education from Breathe for Change and inspiration from the data of my action research to speak at a National Family and Community Engagement (FACE) conference on “Using Mindfulness Practices to Build Relationships and Support Family Wellness”. As a result of speaking at the FACE conference, I was asked to speak with families at a school district in another state on “Mindfulness Practices to Reduce Holiday Stress”. I have also spoken at a local teacher conference on “Using Mindfulness Practices to Support Students and Teachers” and “The Impact of Implementing Yoga Practices to Support Social-Emotional Learning”. In addition, my nonprofit Aunties Against Abuse, was inspired to host Aunties Day of Wellness for young ladies ages 5-18 to educate, equip and empower them to be holistically well. We taught sessions on,

“What to do With All These Emotions.”; “My Mental Health Matters!”; Taking Care of My Body: “Caring for Me: Mindfulness, Affirmations and Journaling!” and more and the young ladies received a wellness bag, thanks to a grant we applied for, that included over twenty wellness items to support them in their journey! We impacted the lives of 54 young ladies in four counties, further impacting the community to be holistically well!

As I saw success with my initiative; as I lead my community in wellness activities, including mindfulness practices; and as I teach wellness workshops to my larger community, it is evident that there is a need for wellness education within our schools, with families and in communities locally, statewide and nationally. I plan to address this need through Be Well! Connection™. Once I am able, I plan to retire from educating in the public schools to educating in the public arena! I plan to establish and teach wellness education programming in my community and create a curriculum course for pre-service teachers and a continuing education course for the community. I will continue my education in wellness to further deepen my understanding of the intimate impact mindfulness, yoga and social-emotional learning has on the body, spirit and soul and to further root holistic wellness as a manageable and research-based means to improve and enhance personal well-being emotionally, mentally, socially, physically and spiritually, so we may all Be Well!

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## Appendix A

### November 2024 Survey

4. Have you seen any improvements in your personal-well being as a result of the mindfulness practice sessions?

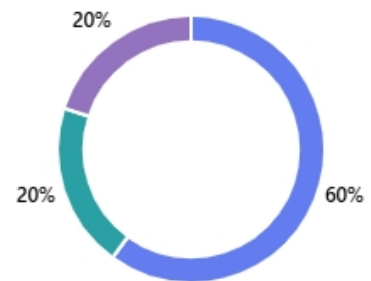
● Yes	3
● Not yet	3
● Other	0



### January 2025 Survey

4. Have you seen any improvements in your personal-well being as a result of the mindfulness practice sessions?

● Yes	3
● No	0
● Somewhat	1
● Not yet	1
● Other	0



## Appendix B

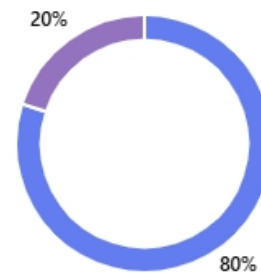
### November 2024



### December 2024

2. Our focus in December was Gratitude. What practice impacted you the most?

● Attitude/Gratitude	4
● Grateful For Me!	0
● Gratitude Journal	0
● Sending Thanks	1
● Mindful Movement	0



### January 2025

3. Our focus in January was Presence. Which practice impacted you the most?

● Mindful Body Scan	0
● Mindful Breathing	2
● Mindful Eating (video recording)	0
● Mindful Listening	3



### Appendix C

#### Action Research Pre and Post Survey Overall Data: 7 Participants

The Pre-survey data (November 2024) is the first graph and is in navy.

The Post-survey data (February 2025) is the second graph and is in sky blue.

How do you manage stress? 1 2 3 4 5 6 7

How well do you sleep most nights? 1 2 3 4 5 6 7

How do you respond to unfavorable situations? 1 2 3 4 5 6 7

How do you manage anxiety? 1 2 3 4 5 6 7

How aware are you of how you feel? 1 2 3 4 5 6 7

How is your focus? 1 2 3 4 5 6 7

How do is your body movement?

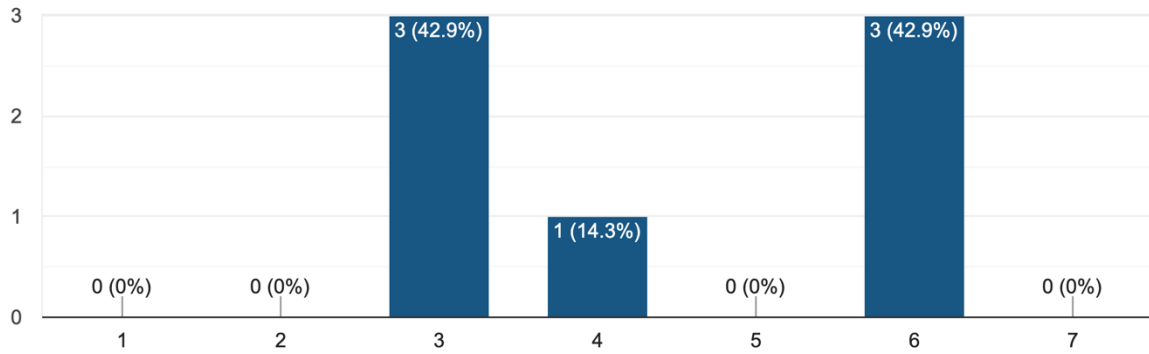
How are your healthy eating habits? 1 2 3 4 5 6 7

How is your self-esteem/confidence? 1 2 3 4 5 6 7

How would you rate your overall health? 1 2 3 4 5 6 7

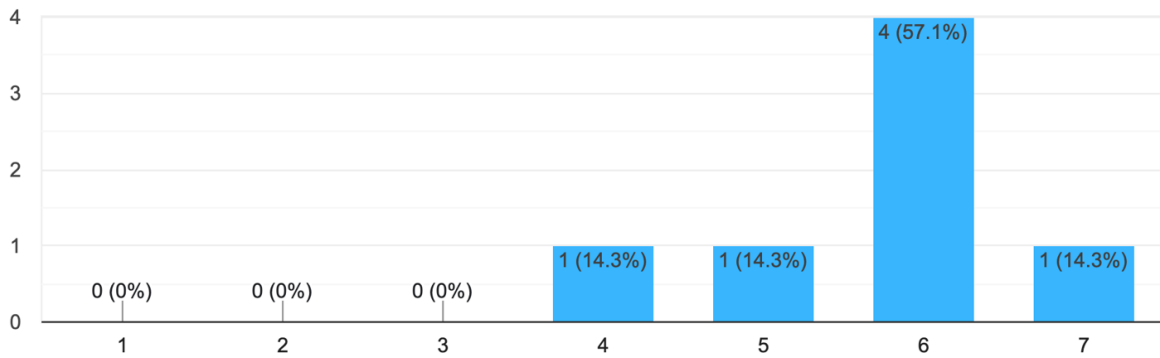
How do you manage stress?

7 responses



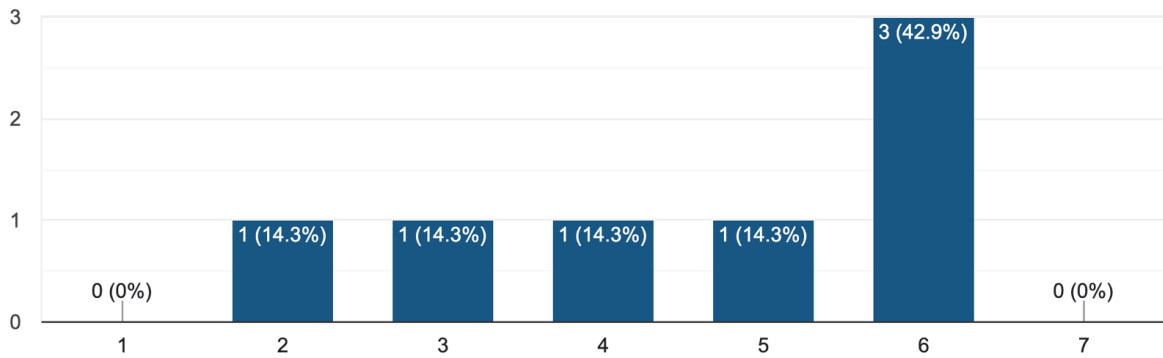
How do you manage stress?

7 responses



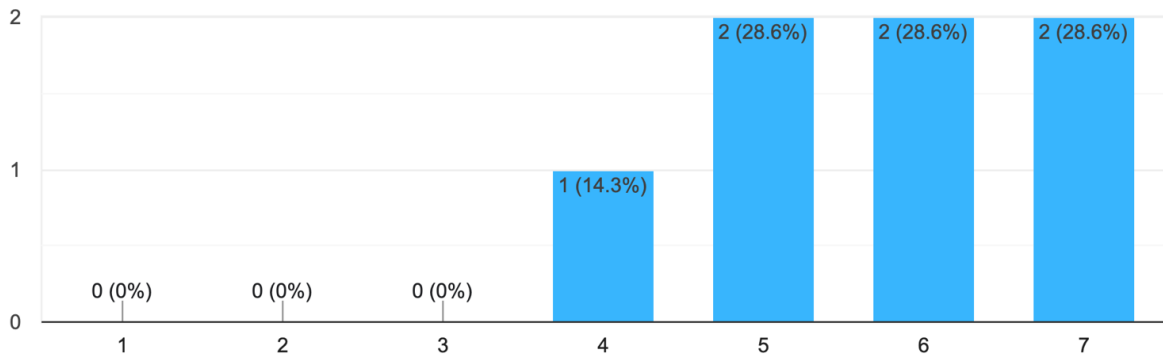
How well do you sleep most nights?

7 responses



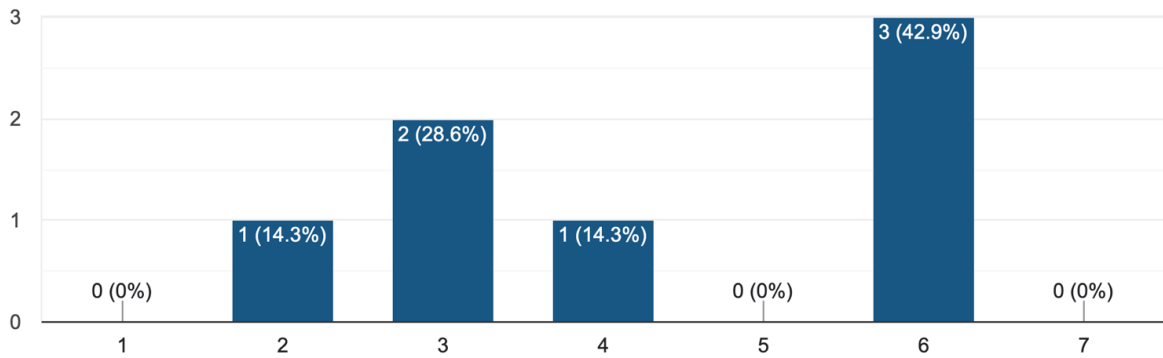
How well do you sleep most nights?

7 responses



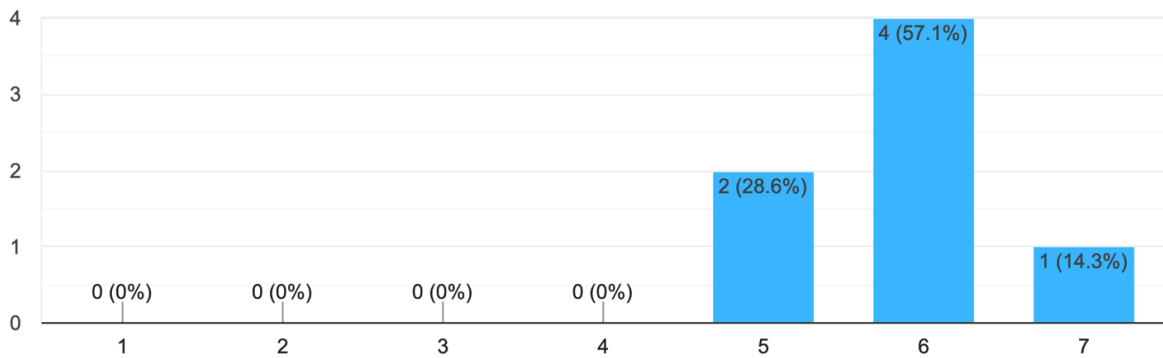
How do you respond to unfavorable situations?

7 responses



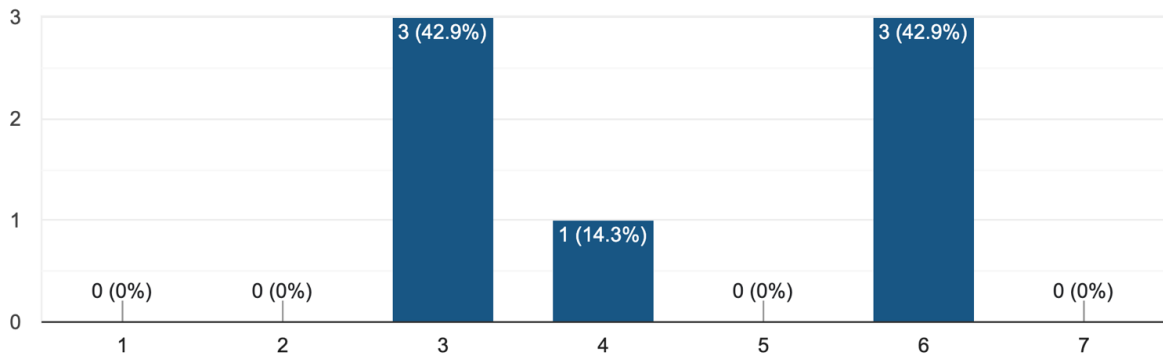
How do you respond to unfavorable situations?

7 responses



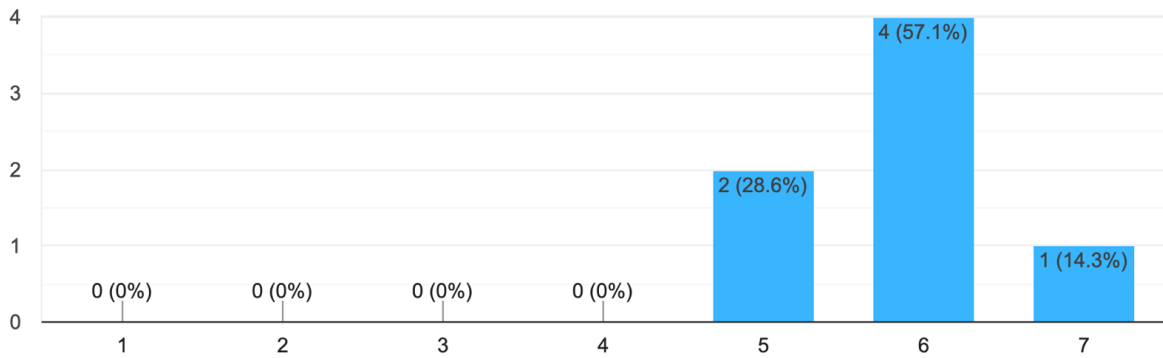
How do you manage anxiety?

7 responses



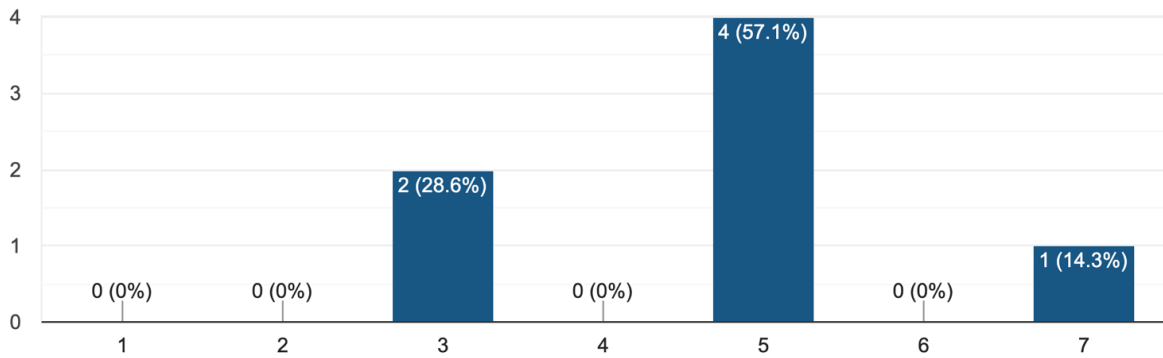
How do you manage anxiety?

7 responses



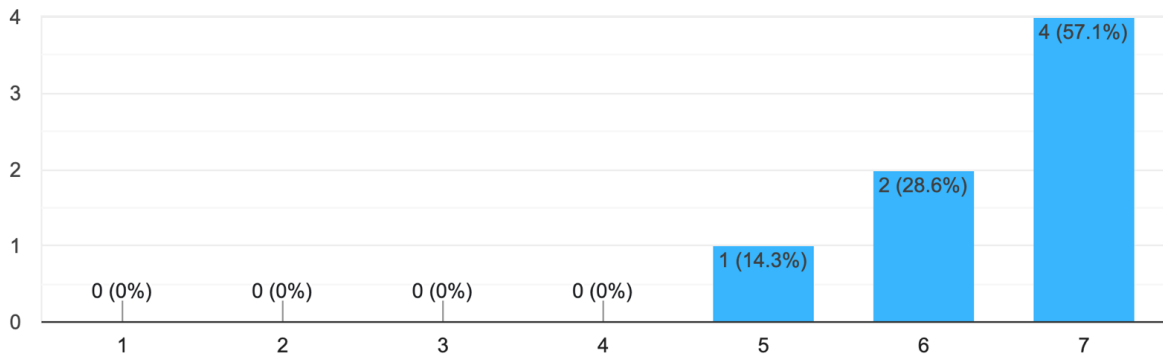
How aware are you of how you feel?

7 responses



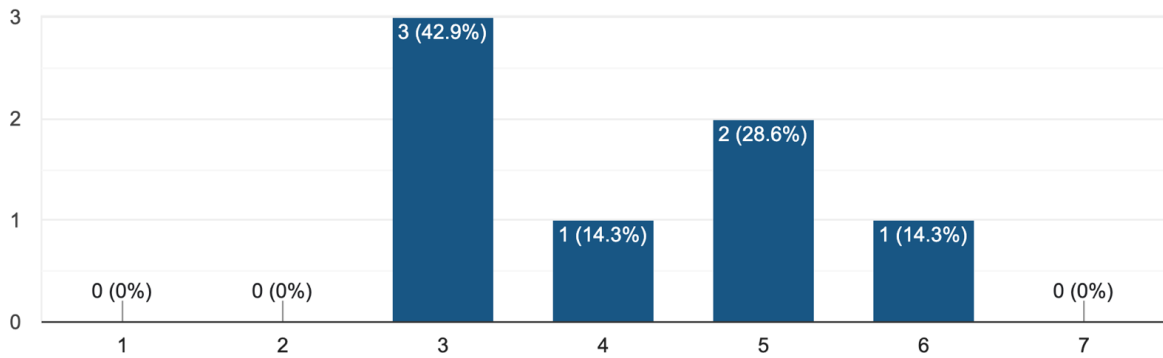
How aware are you of how you feel?

7 responses



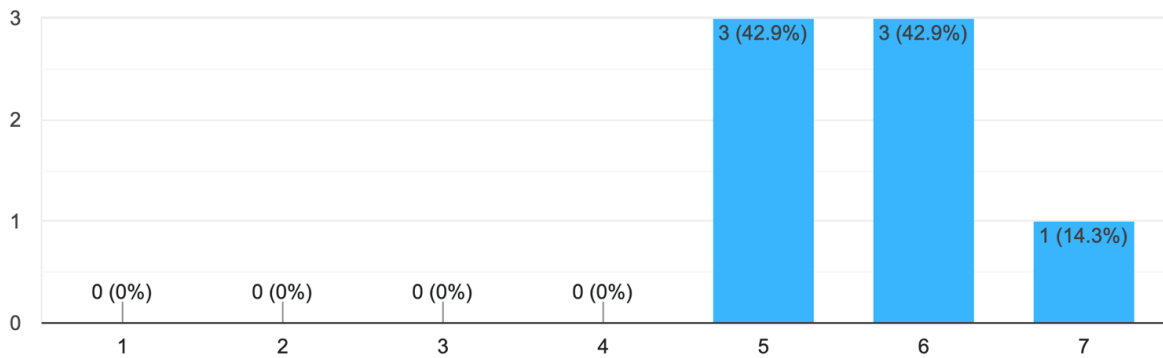
How is your focus?

7 responses



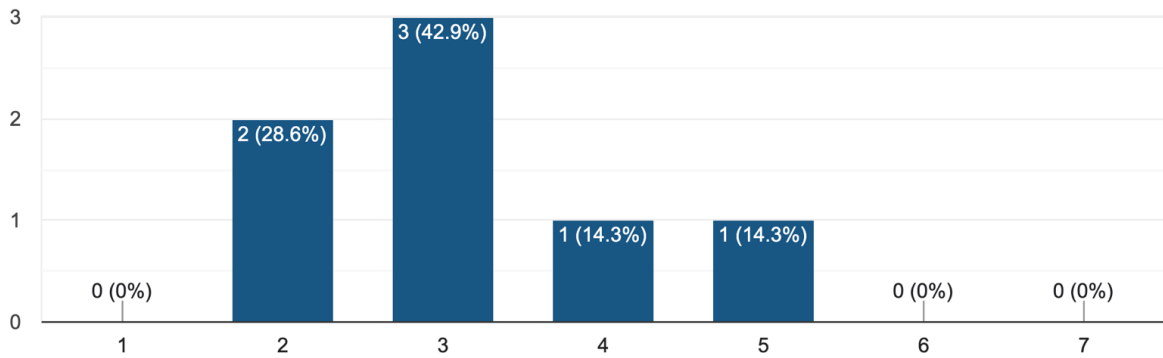
How is your focus?

7 responses



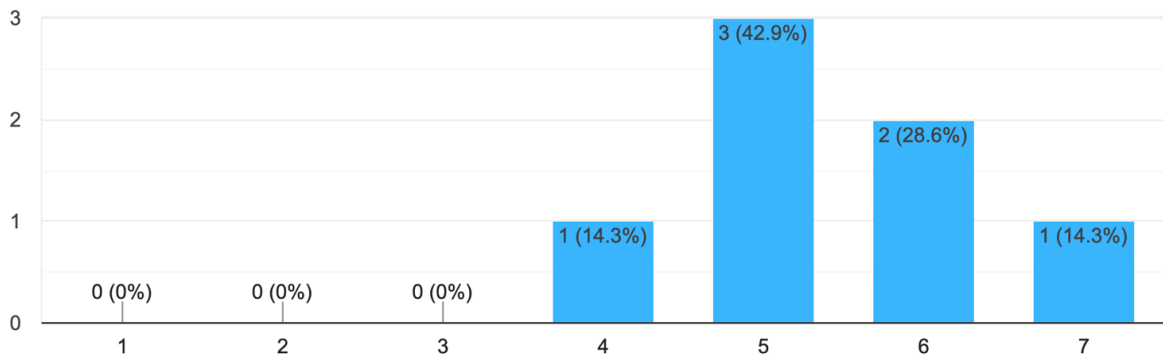
How are your healthy eating habits?

7 responses



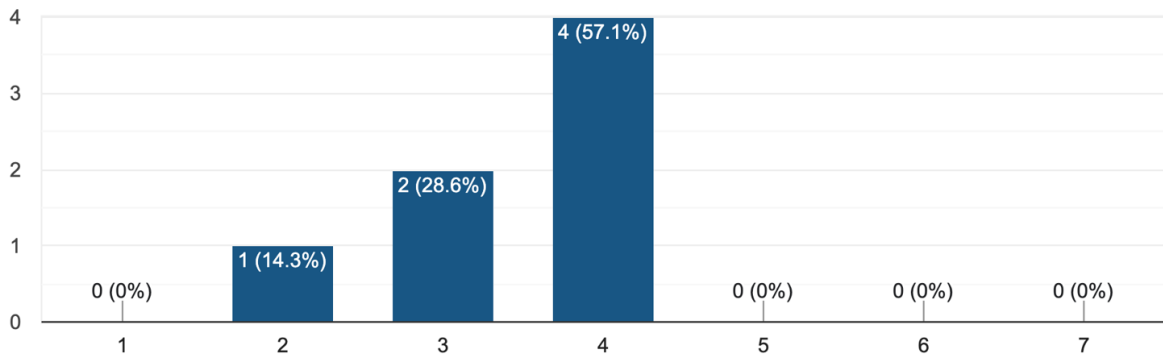
How are your healthy eating habits?

7 responses



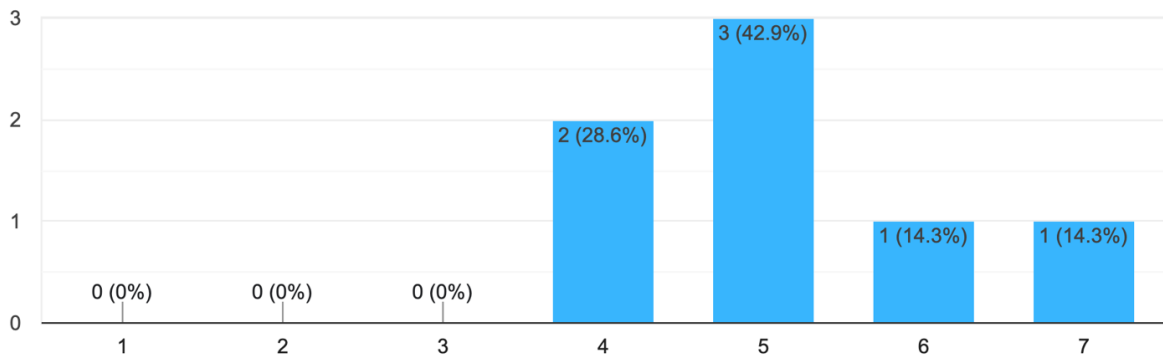
How do is your body movement?

7 responses



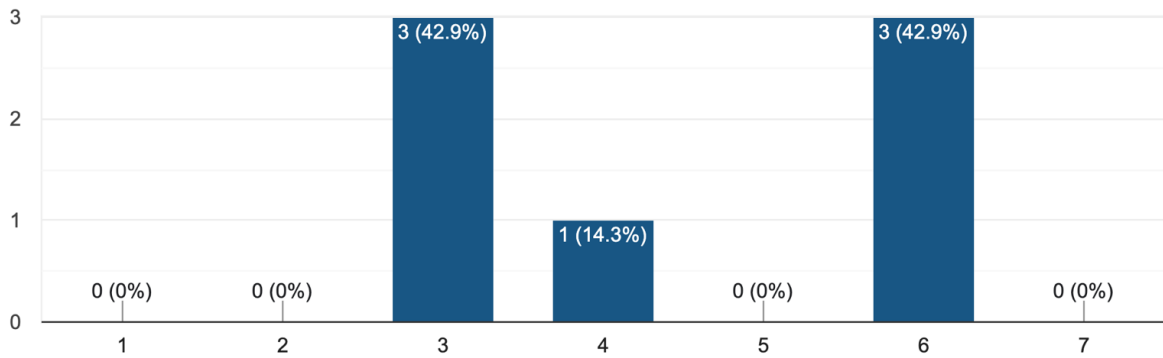
How is your body movement?

7 responses



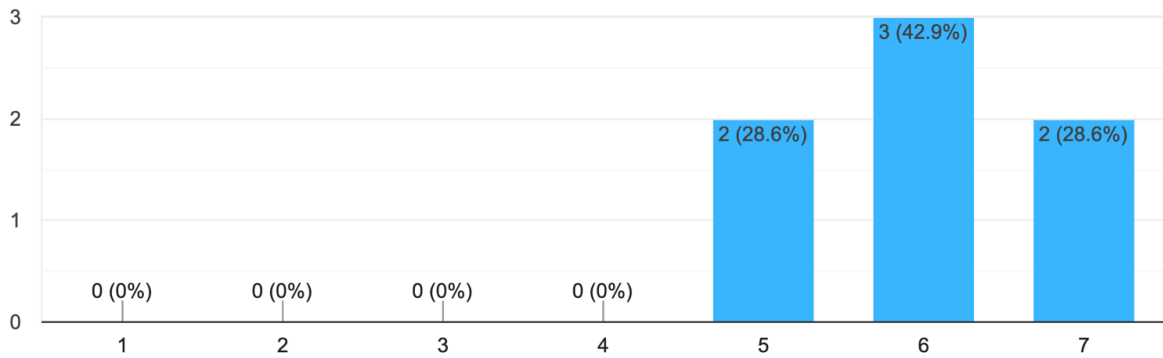
How is your self-esteem/confidence?

7 responses



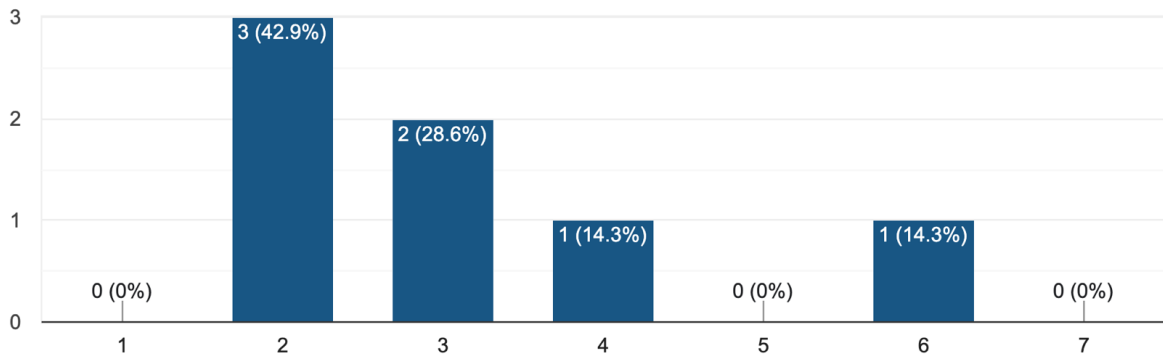
How is your self-esteem/confidence?

7 responses



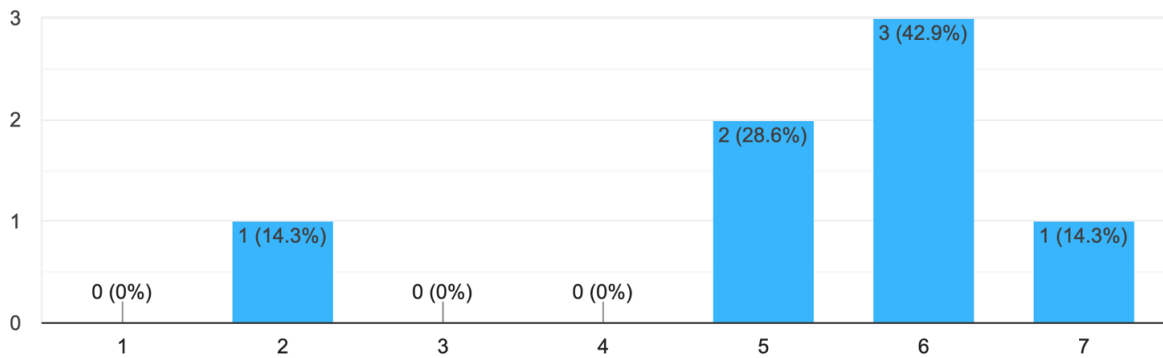
How would you rate your overall health?

7 responses



How would you rate your overall health?

7 responses



## Appendix D

### Practicum Participant Interview One-on-One Interview Question

1. The purpose of the mindfulness meditation/movement practices was to impact adults to be purposeful in improving and enhancing their personal well-being through mindful meditation and mindful movement practices in sixteen weeks.
  - a) Have you seen improvements to your personal well-being with the mindfulness practices?
  - b) Have you taken steps (or additional steps) to enhance your personal well-being since?
2. We created a vision for ourselves in November. Where you able to fulfill this vision during our time together? (\*You can tie this answer into Question #1 if that is helpful for you.)
3. Which mindfulness practices were most impactful to you?
4. Are there any practices that you completed on your own or with others? Are there any that you will continue to practice on your own?
5. Did you access any of the additional resources (newsletters, morning mindfulness recordings, podcasts, etc.) If so, which were most helpful. If not, that is okay.
6. Be Well! Connection has been formed to provide wellness education and access to the community. We are currently in the planning stages and would like to ask, are there any specific wellness classes that you feel will be beneficial to your community?
7. Do you have any questions or need additional support at this time?

Appendix E

