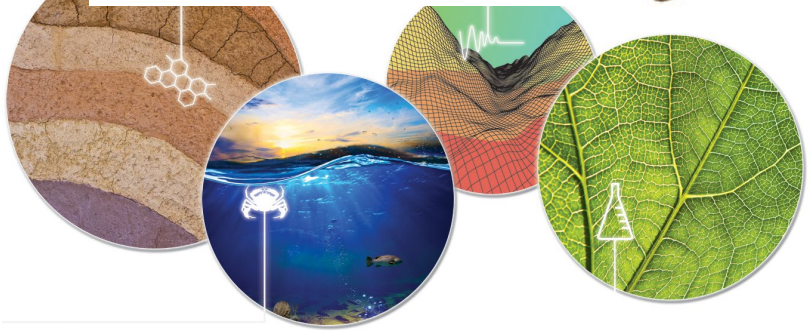
Approaching the Labor Shortage Through Innovation: Introducing Mindfulness to High Stress Jobs

Yoga 4 Change

ANAMAR

Environmental Consulting, Inc.



Kathryn Thomas
Former Naval Aviator
Founder: Yoga 4 Change
ANAMAR Environmental Consulting

Overview:

- Why Mindfulness
- Study Overview
- Implementation Strategy
- Q and A

Bringing an

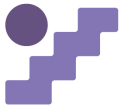
Evidence Based

and Researched

Program to:

Veterans

Incarcerated Individuals



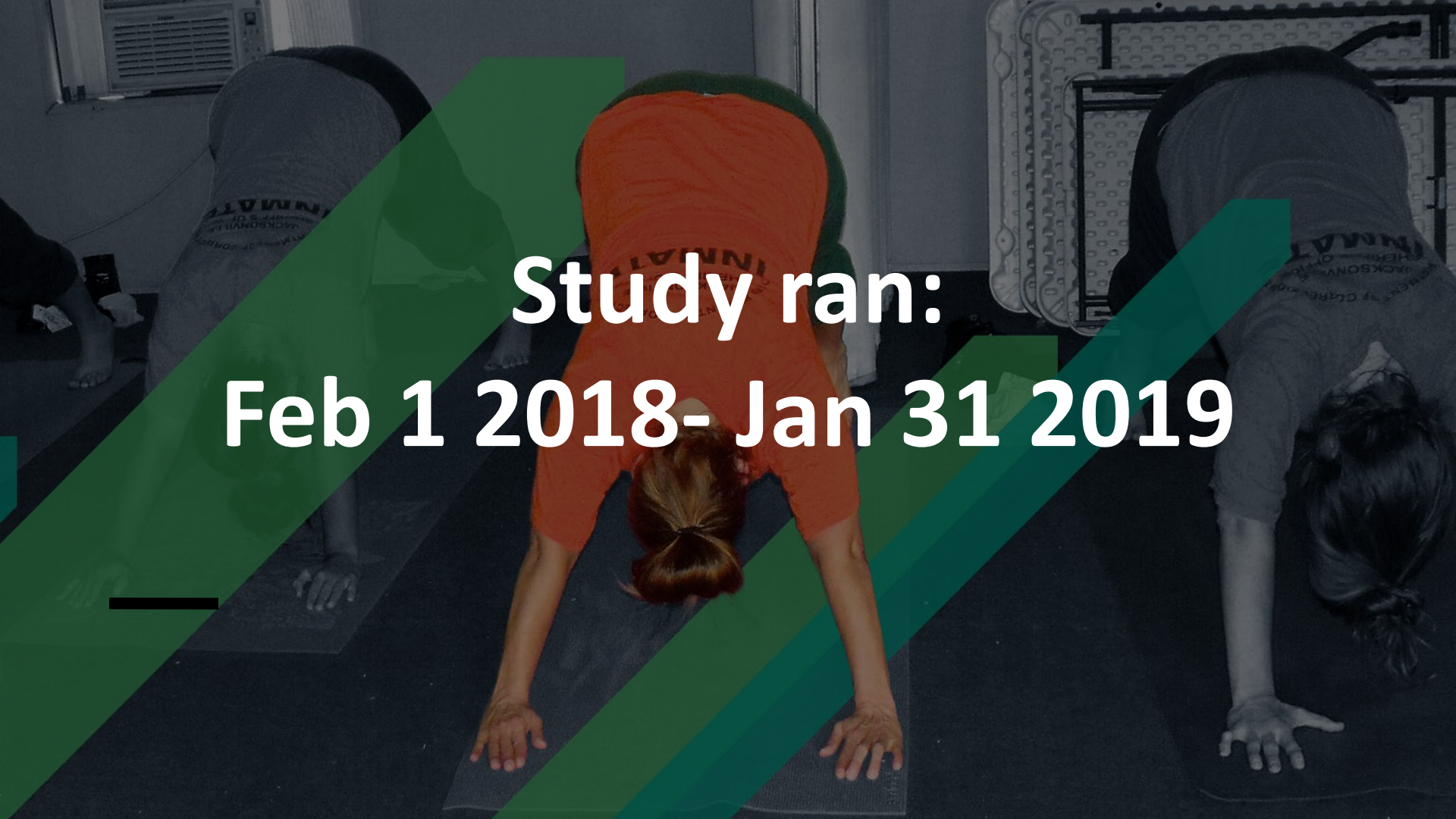
Mental Health

Vulnerable Youth

Proven Benefits Of Mindfulness

- Increases Impulse Control
- Decreases Stress and Anxiety
- Increases Post Traumatic Growth

Square Breath



Study ran:
Feb 1 2018- Jan 31 2019

Study Demographics

- 289 people completed 6 weeks of programming
- 66% men
- 34% women
- Facility Breakdown:
  - Jail: 139 (48%)
  - CTC: 73 (26%)
  - MCC: 74 (26%)

Coping Skills

- Statistically Significant Increase in Healthy Coping Skills for those involved in programming
- Significant Decrease in Negative Coping Skills for those involved in programming
- No change for Control Group

Anger Management

- How one controls anger
- Significant Increase in Anger Management for those involved in programming
- No change for Control Group

Forgiveness

- Statistically Significant Increase in Forgiveness for those involved in programming
- No change for Control Group

Emotional Awareness/ Regulation

- I am aware of my emotions and now can control them
- Statistically Significant Increase for Participants
- No change for Control

Post Traumatic Growth

- Measures Resilience and how one can assimilate into society
- Statistically Significant Increase for Participants
- No change for Control

Yoga 4 Change is teaching inmates how to assimilate into society after Incarceration: Decreasing Recidivism

Three Part Breath

Implementation:

Start Small

Lead by Example

Participation Tied to What works for company

ANAMAR Implementation Examples:

Offer One weekly Class

Start Meetings with Mindfulness

One person Is a class

Yoga 4 Change

Any Questions?

www.y4c.org

Breath of Joy