

# Measuring WholeSchool's Impact In The Mather House



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## Students are at Risk

Anxiety among students is at an all time high. In the Mather House, pre-program survey data found:



**51% of students at risk for general anxiety disorder,**

**and 30% of students at risk for major depressive disorder.**

## The Mather House implemented a Mindfulness Director in its community for the first time in Fall 2020.

Mather House is one of twelve undergraduate residential Houses at Harvard University. Mindfulness Director, Nina Bryce offered 13 activities in the Fall 2020 semester; the mindfulness practice groups involving managing stress and yoga were the most popular. A survey was distributed to all Mather House community members in December 2020 to evaluate program satisfaction and impact on student well-being. This is a summary of the data collected from the 51 students who completed the survey.

## Impact Report

Pilot data suggests that MDI's approach is having a strong impact on the students involved in the program directly and the larger community as well.



**76% of students report that it helps them focus**



**84% of students report feeling more relaxed**



**100% of those who participated in a program agreed that the Mindfulness Director has a positive impact on the community.**

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I've been able to much more easily reflect on both the good and bad parts of my days and of my life as a whole. I am much more forgiving with myself and I feel much closer to the people around me as well as people I don't even know so well!

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**84% would like to participate in more programs like this.**

**98% saw the Mindfulness Director as a helpful resource to support mental health.**



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I believe that it's a critically important initiative and I'm incredibly grateful that it was offered. I'd hope that other houses can build on Nina's model and implement affinity wellness groups too.

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**Nina Bryce**  
Mindfulness Director

Nina (she/her) holds a Master of Divinity, focused in the Buddhist Ministry Initiative, from Harvard Divinity School. Through her graduate studies as an M. Div, she is trained in facilitation of multifaith contemplative practice, interfaith chaplaincy, and leading mindfulness programs in both religious and secular settings, ranging from teen camp at a monastery to the PACU of a hospital.

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## Student Quotes

***“This is life saving work.”***

*“Nina is amazing. She not only creates an inviting space (which is especially difficult to do on Zoom), but fosters a community that makes me want to come back to practice every week. Before every practice, she engages with everyone so that they feel welcome and heard.”*

***“Mindfulness sessions have helped me to feel a part of a community during this quarantine.”***

*“Nina was incredibly open to new members of practice groups and cared deeply about members who were curious about mindfulness or willing to try something new to help relax and stay calm. Very grateful for her actions and sessions.”*

***“I am much better at managing stress...and generally how to accept it which helps me cope.”***

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