

### Building Your Wellness Toolbox – Evaluation, Session 3

Please complete this evaluation for the group session you just participated in. Your responses will help us to understand how best to support wellness among women aged 55+. IHR relies on your honest opinions & suggestions for improving this group offering.

**From your participation in this session, please rate how much you agree or disagree with the following statements:**

	Strongly Disagree	Disagree	Agree	Strongly Agree
I know more about healthy ways to manage and reduce stress.	€	€	€	€
I better understand the relationship between stress/emotional pain and physical pain.	€	€	€	€
I am better able to use mindfulness for reducing stress and pain.	€	€	€	€

**After participating in this session, how likely are you to utilize the following strategies?**

	Not likely	Slightly likely	Somewhat likely	Very likely
Mindfulness	€	€	€	€
Relaxation exercises	€	€	€	€

Would you like one of the group facilitators to follow up with you individually about anything discussed today? € Yes € No

➤ If yes, what issues would you like to address with them? \_\_\_\_\_

\_\_\_\_\_

Do you need help connecting to any resources or services? \_\_\_\_\_

\_\_\_\_\_