Guardian Hills Departure Retreat Impact Review

Participant Name/ID: _____ Date: _____
Instructions: Your thoughtful and honest feedback is valuable for understanding the impact of the Guardian Hills retreat. Please answer the questions based on the specified timeframe. Your responses will remain anonymous and will help us learn from your experiences.

Post-Retreat (To be completed upon departure)
Please mark the rating that best matches your experiences right now.

1. How would you rate your overall quality of life?
☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor

2. In general, how well do you sleep in terms of restfulness and duration?
☐ Very Well ☐ Well ☐ Fair ☐ Poor ☐ Very Poor

3. Would you say your current level of physical activity meets your needs?
☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

4. How hopeful are you when you think about your future?
☐ Very Hopeful ☐ Hopeful ☐ Somewhat Hopeless ☐ Hopeless ☐ Very Hopeless

5. To what extent do you feel your life has purpose and direction?
☐ Completely ☐ Mostly ☐ Somewhat ☐ Slightly ☐ Not at all

6. How connected do you feel to others in your life?
☐ Extremely Connected ☐ Very ☐ Moderately ☐ Slightly ☐ Not At All Connected

For the next six questions, based on the past 7 days, indicate how often you experienced the following feelings or states. Rating: 1 = Not at all, 2 = Several days, 3 = More than half the days, 4 = Nearly every day

1. How often have you felt tension, unease, or emotional restlessness?
☐ 1 ☐ 2 ☐ 3 ☐ 4

2. How often have your thoughts felt overwhelming or difficult to manage?
☐ 1 ☐ 2 ☐ 3 ☐ 4

3. How often have you experienced low mood, sadness, or a sense of emotional heaviness?

☐ 1 ☐ 2 ☐ 3 ☐ 4

4. How often have you felt disconnected from things that usually bring you meaning or enjoyment?

☐ 1 ☐ 2 ☐ 3 ☐ 4

5. How often have you felt emotionally reactive, frustrated, or short-tempered?

☐ 1 ☐ 2 ☐ 3 ☐ 4

6. How often have you found it difficult to engage in activities that support your well-being (e.g., exercise, mindfulness, enjoyable hobbies, or connecting with supportive people)?

☐ 1 ☐ 2 ☐ 3 ☐ 4

For the following questions, share your thoughts and reflections.

1. In what ways, if any, has your experience at Guardian Hills influenced your life? (*Please share any positive changes, challenges, or ongoing use of tools/perspectives.)*

2. Before attending the Guardian Hills retreat, what practices or strategies were you already using to cope with stress or challenges in your life?

3. After completing the Guardian Hills retreat, which practices or strategies do you feel drawn to use as you cope with stress or challenges moving forward?