Guardian Hills Retreat Impact Assessment

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 confidential and will help us learn from your experiences.

Part 1: Pre-Retreat (To be completed upon or before arrival)
Reflect on the past 7 days before arriving at the retreat. Mark the rating that best matches your experiences.

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

7. To what extent do your financial resources meet your everyday needs?
☐ Completely ☐ Mostly ☐ Moderately ☐ Slightly ☐ Not At All

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 in the past week?
☐ 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 actively engaged in activities that support your well-being (e.g., exercise, mindfulness, enjoyable hobbies, or connecting with supportive people)?
☐ 1 ☐ 2 ☐ 3 ☐ 4