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Background Leading to My Inquiry

Outline what led you to this particular inquiry. Include the following:

- Context
 - Lead with mini-ar. Initial had three data points and an analysis.
 - Very difficult to measure Confidence Follow-Through “what is that?” Always felt like there was something more though than just stress and anxiety. What is driving at that though? Good sub-question for me.
- The Issue/Tension/Dilemma/Problem that led to your action research
 - Never felt like I had any time to myself. Always at everyone’s beckon call. Losing energy. Find out later that it had to do with “personal boundaries

The Purpose of My Inquiry

PCM Pamphlet helped me to see that I wasn’t nurturing many of my Phase Psychological Needs (Harmonizer)

- Dr. Nate stated in Fall Conference..... Key question, should be able to answer “yes”, I clearly was not. Helped solidify why I chose my mini A.R. and why I was feeling this way. A.R. is really a continuation of mini AR with some modifications.

My Wondering

Sub Questions were created from mini AR data, talks with my mentor, and Emily Tracey. Confidence Follow Through became too hard to measure.

- From mini-ar, showed that stress and anxiety affected confidence (correlation).
- Mentor helped me reflect to see that setting boundaries includes what happens in personal life.
- Meditations more purposeful came from mini-ar data. If meditation was more purposeful, biggest net change.

My Actions

(In this step, begin by outlining how you gained insights into your wondering. Then, share what you did to conduct this AR cycle)

- Unconventional because I mainly set this up for mini-ar.
- Wanted to pick a time that I felt was the “make or break time”-most chaotic part of day.
- Took 15 minutes each day. Told office staff of expectations, only get me if someone is breaking down the door.

In this section, provide the following:

- An articulation of any change/intervention/innovation/procedures you introduced
 - Also kept a journal for qualitative data of analysis shown.

An excellent way to think about creating these segments is chronological – what did you do first, second, third, etc. You should include such things as the timing and amount of each detail you share.

- Set up mini-ar.
 - 15 minutes a day. Meditation after 1st lunch. Used emoji system for before/after practice for three categories. Wrote an analysis of any contributing or environmental factors that may have affected results.
 - mini-ar helped me develop basis for AR, what was measurable, and that meditations needed to be purposeful to have results.
- Meeting with Javier and Emily Tracey
 - Wanted to see if effects of meditation and prayer had bearing on results at home through a battery “recharge” started tracking this as well. Also, could see that Stress and Anxiety correlated to Confidence Follow Through, so I took that out (too hard to measure).
 - I carried this out throughout the whole routine.

Data Collection

Share the ways you collected data to understand better what was implemented.

- Just like slide. Again, used emojis for quantitative data, analysis for qualitative of battery recharge/analysis of environmental and contributing factors. Also talked about what meditation was about and whether it was purposeful or not.

My Data

Display data and share the ways you analyzed the data. **You may need additional slides.**

- Subcategories, wanted to see if meditation had a difference.
- Wanted to see what days had the biggest net change, some, or no net change.
- Subcategorized days of the week (sometimes we feel better on a Friday)
 - Tried to see if recharge data matched up with net change data to show if effect of meditation carried over to how I felt at home. Colors and subcategories really helped data to stick out and pick apart other contributing factors to see if meditation and prayer really had a difference

My Discoveries

In this step, summarize your learning in two to three brief statements that illustrate the most critical facets of what you learned:

- Learning Statement One: Meditation and Prayer had a positive effect on negative stress and anxiety.
 - See Data of 22 days.
- Learning Statement Two: Meditation and Prayer had no effect on whether my battery was recharged at home.
 - This can be seen on how battery recharge “color” did not reflect net change “color”.
- Learning Statement Three: This practice allowed me to set boundaries and sure up systems to help me feel that the building can run without me.
 - This isn’t seen in the chart but a general observation.
- Gave others a chance to practice what would happen if I was gone. Allowed for communication on delegation, and giving people a chance to practice.

Where I Am Heading Next (Slide ?)

In this step, reflect on your action research journey as a whole that accomplishes the following:

- General reflection on the specific action research cycle just completed (Some Questions to Consider:
 - What have you learned about your school? Systems are able to operate without me being in the center of it all the time. Taking time for myself and setting boundaries is crucial for my well-being which trickles down to my competency as a leader.
 - What have you learned about your teachers? Interactions have generally been more positive. I’m able to model to them what setting boundaries looks like and why it is important
 - What are the implications of what you have learned for your work? That it takes more than just setting aside 15 minutes to really set boundaries. This needs to be carried over multiple times a day and needs to be supplemented with other things (work out, devotion, diet).
- “The time was better than the meditation”. Need to be purposeful about setting time. Have to put it on a calendar, or I won’t do it. This should be the case for anything I find important, especially blocking out multiple times a day for meditation, prayer.

Bibliography

Pamphlet reference from slides.

Maintaining Personal Boundaries: Using Meditation and Prayer to Ease Stress and Anxiety

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Background Leading to Inquiry

- Feeling negative stress and anxiety, really struggling with confidence in follow-through making decisions
- Insecure in establishing systems to take care of myself, wanted to carve this time out during the school day.
- Always “on the go”, being at everyone’s beckon call. Weighing me down, losing energy because of this.
- Saw an opportunity to better delegate to take care of my own needs.

Purpose of this Inquiry

- PCM Pamphlet.
 - Not nurturing many of my Phase Psychological Needs (Harmonizer).
 - Dr. Nate Regier stated in the Fall Conference that I should be able to answer “yes” to asking the question, “have I maintained my personal boundaries?” This led to my wondering and how it could connect to the answer to the question above.

My Wondering

- I wonder if I schedule time during the day to meditate and pray, would it help ease negative stress and anxiety?
 - Sub Questions:
 - Will my battery be recharged for my time at home as a husband and father?
 - If I made my meditations more purposeful, would it make a difference in the results I see?

My Actions

- Meditating and praying during a set time each day (after first lunch at 11:45).
- Keep a journal that analyzes whether my battery was recharged at home.
- Keep an analysis of what the meditation consisted of and what environmental effects could have been in play to also affect indicators.

Data Collection

- Complete daily log before activity and after. Use excellent/good/average/poor/bad as indicators for two data points, Negative Stress, Negative Anxiety.
- Journal at home to document whether battery was recharged.
- Recording of analysis of contributing factors in a column separate from daily log entries.
- Conducted between October to December 2024.

My Data

- Broke data into subcategories.
 - Days with biggest net change (two changed categories) are in green.
 - Days with one category net change are in yellow.
 - Days with no net change are in red.
 - Also, subcategorized into days of the week (hypothesized that this could be an environmental factor).
 - On right column, highlighted days with battery recharge.
 - Recharged was in Green, “Somewhat recharged” in Yellow, Not recharged in Red.

My Discoveries

- Meditation and prayer had a positive effect on negative stress and anxiety.
 - Seven out of the 22 days had a positive net change in both categories. 10 out of the 22 days had a positive net change in one category. Only five out of 22 days had no net change.
 - Battery recharge did not reflect net change of meditation.
 - Evidence: Looked if colors matched up between analysis and “emoji” data collection.
 - Biggest benefit: Allowed me to set boundaries and sure up systems to help me feel that the building can run without me.
 - Communication and expectations of delegation were conveyed effectively.

Where am I Heading Next?

- Continue Meditation and Prayer during the day.
- Provide additional pockets of time in the day for reflection and “self-thought”.
- Add meditation, prayer, “self-thought”, to time at home to relieve temporary, negative stress and anxiety.
- Continue other positive, health habits, such as working out, running, devotion, diet.

Bibliography

- Kahler, T. (2024). *Process Communication Model*. Kahler Communications.