



Can Mindfulness Activities Help Support Well-Being?

Karianne Hultman DNP Candidate, MSN Ed., BSN, RN
Department of Graduate Nursing
The College of St. Scholastica

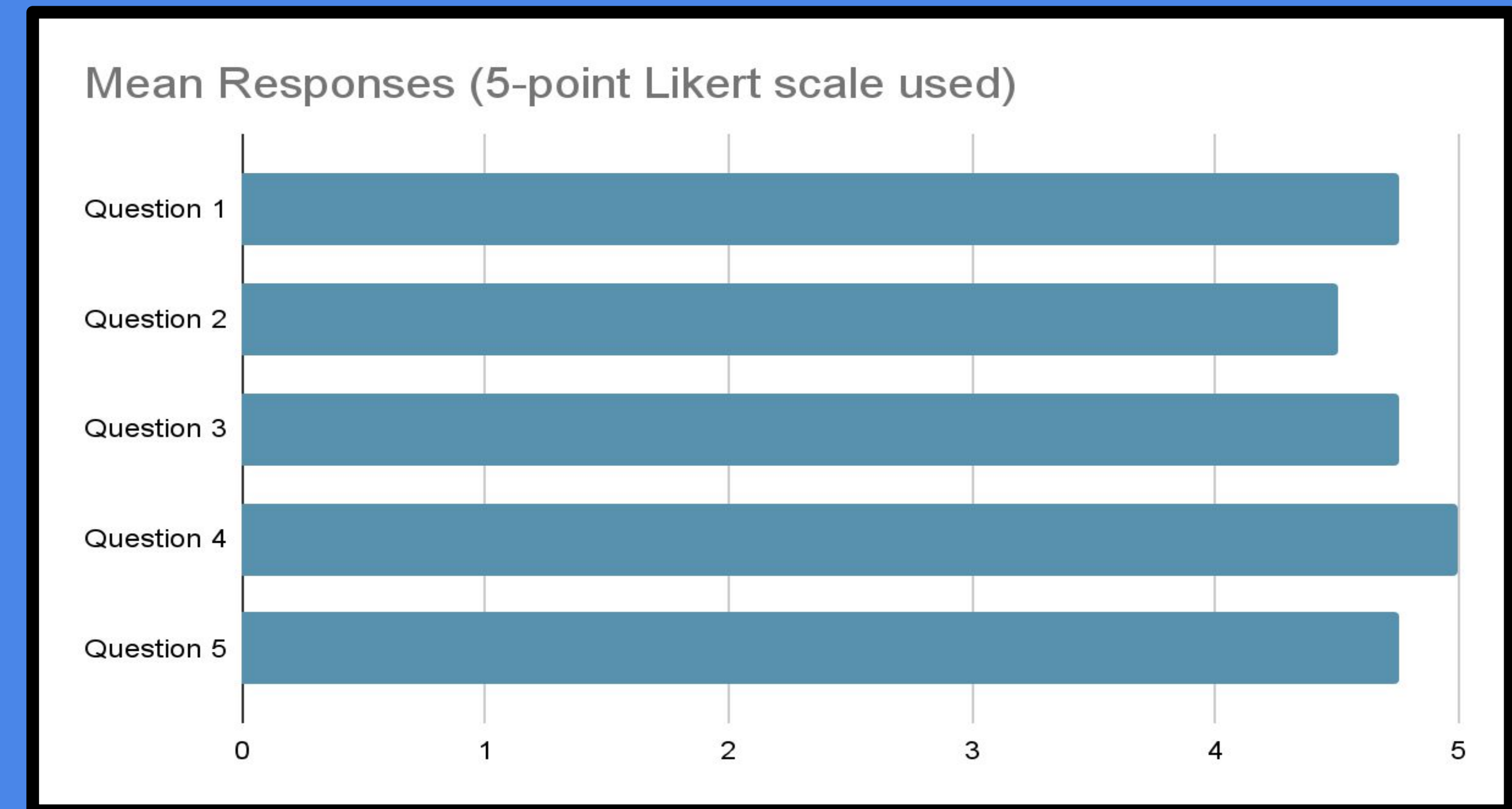


Background

- The online learning environment has added stressors
- The pandemic and the rapid shift to online learning created even a bigger need for ways to support well-being

Methods

- Weekly emails (written and verbal instructions included)
- Post implementation survey



Results using a 5-point Likert scale

Results

- All participants reported positive results by incorporating mindfulness



Limitations

- Sample size of four (4)

Intervention

- Implement five (5) weekly mindfulness activities to 2nd semester Post Baccalaureate Nursing (PBN) students



“Loved mindfulness! The more I did the more it allowed me to calm down and be relaxed.”

(Comment from participant on post-implementation survey).