We thank the Office of Research and Sponsored Programs for supporting this research, and Learning & Technology Services for printing this poster.

The team integrates this CAM intervention into their presentation by leading the attendees in a short guided imagery script, which allows those present to experience the relaxing effects of this technique. Before the script is read, the team instructs those present to close their eyes and take a deep breath to initiate relaxation of the mind and body. After the script is read, the team asks for feedback from those in attendance as to their experience with this technique.

The team discusses the benefits of exercise along with how they can perform these activities with their children. A short video is played for those present to demonstrate some of the techniques they can use at home.

Meditation and mindfulness is integrated throughout the presentation. Key concepts of this intervention are discussed within the presentation.

Resources and Targeted Audience

This intervention is introduced to the team to those present by playing a short portion of a video demonstrating how to perform this CAM therapy. After the video, the team initiates a short discussion on the key concepts of PMR in decreasing stress.

REFERENCES


Meditation and mindfulness is integrated throughout the presentation. Key concepts of this intervention are discussed within the presentation.

Acknowledgements

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