Session Details

Session #: 212
Title: Shake It Up! Promoting Emotion Regulation for Optimal Patient Well-Being
Speaker: Barbara Johnson, RN, DNP, FNP-C and Leticia Garcia Tiwari, MA, RYT-500
Date: Friday, October 14
Time: 2:45-4:00pm
CE Contact Hours: 1.25
Pharm Hours: 0

Session Description

Join us for a workshop full of fun and laughter where we will discuss playful tools for patients of all ages to reduce stress and anxiety both within and outside of the clinical setting.

Learning Objectives

Upon completion of this session, the learner will be able to:
1. Describe the physical and behavioral indicators of physiologic stress.
2. Identify the utility of yoga, mindfulness and movement in the prevention of allostatic overload and expression of disease.
3. Translate the evidence behind the use of yoga and mindfulness as complementary and alternative interventions in the prevention and treatment of disease.
4. Explore playful tools for patients of all ages to reduce stress and anxiety both within and outside of the clinical setting.

Disclosures

Conflict of Interest for Presenter:
• The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.