Are Your Students Stressed?
Mindfulness Meditation For Stress Management

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Objective
Upon completion of this presentation, participants will:

Consider the use of mindfulness meditation with their students to enhance their student’s management of stress.

What is Mindfulness Meditation?

- Focuses awareness on the body, breathing, sensations, or whatever arises in the moment
- Reduces reactions to stress promoting a relaxed state, less anxiety, and positive thoughts
- Cultivates self-awareness, non-judgement, and compassion towards themselves and others
Mindfulness Meditation and Evidence-based Practice

- Capital University is endorsed by the American Holistic Nursing Association (AHNA)
- Mindfulness meditation has been threaded throughout the nursing curriculum
- Students are more stressed today than ever before. They are experiencing new emotional needs from themselves and their patients
- Most nursing students do not know how to manage their stress

Let's Do Mindfulness Meditation

How Did You Feel?

Before mindfulness meditation:
- Stressed
- Anxious
- Tense
- Absent minded
- Lacking energy

After mindfulness meditation:
- Relaxed
- Calm
- Ready to tackle tasks
- Thinking clearer
- Euphoric
Known Health Benefits of Mindfulness Meditation

- Restores balanced function to the digestive system
- Lowers blood pressure/slow down cardiovascular system

(Ahna, 2013)

Why Do Mindfulness Meditation?

- Reduces student nurse’s stress
  (Billingsley, Collins, Miller, 2007)
- Reduces student’s anxiety
  (Billingsley, Collins, Miller, 2007)
- Improves tests scores
  (Dahlqvist, Söderberg, Norberg, 2008)
- Improves student’s cognition/focus
  (Saunders, Brown, 2016)
-Boosts student’s immune system
  (August, 2010)
- Helps to foster empathy and compassion
  (Beddoe & Murphy, 2004)

Collecting the Evidence

PICO Question
- In nursing students, does mindfulness meditation decrease stress?
- Key words: nursing students, stress, and mindfulness meditation

- 189 articles reviewed that discussed or studied stress management using mindfulness meditation in nursing students
- 20 articles were selected based on relevance to the topic of this evidence-based practice review
Results

- Overall, the studies on mindfulness meditation showed potential in reducing stress and anxiety in nursing students (O'Brien, 2014)
- Mindfulness meditation presented to be extremely affective in the clinical setting (Moscaritolo, 2009)
- Brief mindfulness meditation was beneficial for Chinese, Thai, and American nursing students in reducing anxiety symptoms and lowering systolic blood pressure (Bamber & Schneider, 2016; Beddie & Murphy, 2006; Chen, Tang, Wang, & Zhang, 2013; Hoering, Chow, & Amin, 2013; Yang, Su, & Huang, 2009; Jagger, 2010; Song & Lindquist, 2012; Spadaro & Hunker, 2016; Rossiter, Kirby, O'Neil, & Harmon, 2015)

Common Methods of Mindfulness Meditation

- Mindfulness-based stress reduction (MBSR)- Meditation technique that promotes relaxation through nonjudgmental awareness of moment-to-moment sensations, experiences, and reactions
- Movement Meditation- Circulation of energy through movement of the body or focusing your energy on sensing the process of movement itself
- Mindful Breathing- Uses the breath as an object of concentration

Examples of Mindfulness Meditation With Nursing Students

- Movement Meditation
- MBSR
- Mindful Breathing
- Clinical
A Simple Example...

- Set aside a specific place for meditation. The atmosphere you are in will help still the mind. For nursing students, this could be the classroom or breakroom on the clinical site.
- Set a timer for five or ten minutes (eg. Use a Smartphone)
- Sit straight with your spine erect; posture is important
- Close your eyes
- Notice and then concentrate on your breathing as best you can - Inhale slowly and exhale slowly
- Focus on your breathing - It's all about maintaining your breath
- Repeat until the timer goes off

On-Line Resources for Mindfulness Meditation

Books
- Guided Mindfulness Meditation by Jon Kabat-Zinn (2005)
- 5-Minute Mindfulness: Simple daily shortcuts to transform your life by David Dillard-Wright (2011)
- Little book of mindfulness: 10 minutes a day to less stress, more peace by Dr Patrizia Collard

On-Line Resources for Mindfulness Meditation

Websites
- https://www.calm.com
- https://www.mindfulnesscds.com
- http://www.mindful.org
On-Line Resources for Mindfulness Meditation

Apps
- Headspace
- Insight Timer
- Spire
- Calm

Summary

- Nursing students are faced with new and ever changing stress loads which they may not know how to cope with.
- Mindfulness meditation is an effective and simple way for a nurse educator to help students manage stress.
- There are many different means in which an educator can implement mindfulness meditation into their curriculum that works best with their students and program.

REFERENCES

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• Leggett, B. K. (2010). Effectiveness of a brief stress reduction intervention for nursing students in reducing physiologica


QUESTIONS