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**MINDFULNESS**

**+**

**HEALTHCARE**

**PROGRAMS**



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# MENTAL HEALTH NEEDS



- Change of Daily Living.
- increase
- depression, anxiety and sleeping patterns.
- Active Minds survey
- 80% negative mental health impact
- 20% mental health *significantly worsened* during this time.



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**NOURISHMENT FOR NURSING  
BRUSH UP  
PARAMEDIC PAUSE**

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# COURSE OVERVIEW

7-8 courses



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# MINDFULNESS EXERCISE

Body Scan



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# RESULTS

- **All but 2 students have said yes**
- **Over 300 students exposed**
- **Decrease in self-reported stress**
- **Retention rates**
- **Pass out mindful bracelets and magnets**



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THANK YOU

WVHEPC grant info

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