MINDFULNESS

+

HEALTHCARE PROGRAMS



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.



NOURISHMENT FOR NURSING BRUSH UP PARAMEDIC PAUSE

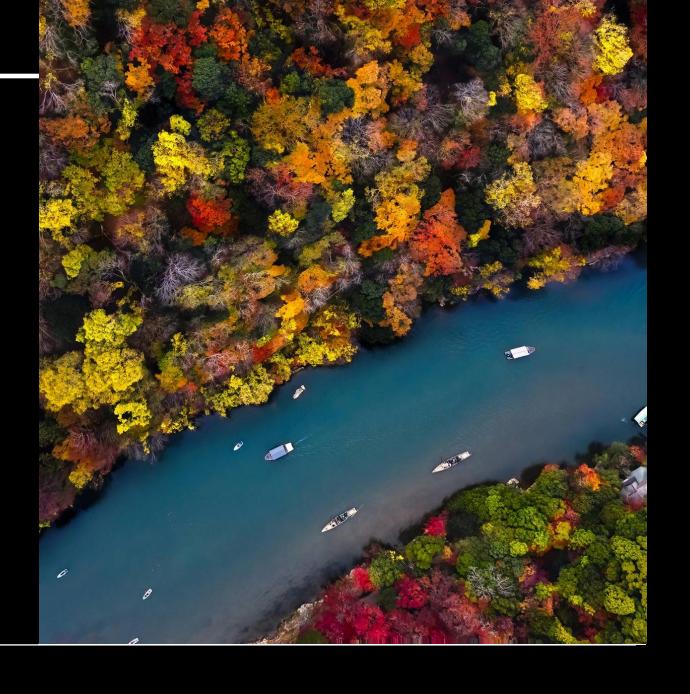
COURSE OVERVIEW

7-8 courses



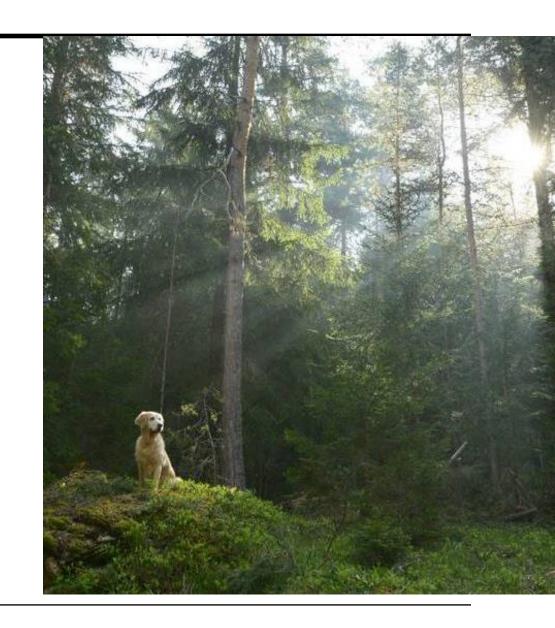
MINDFULNESS EXERCISE

Body Scan



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



THANK YOU

WVHEPC grant info