



## Mindfulness-based Interventions for Healthcare Professionals

### General Objectives:

- Define mindfulness and meditation
- Describe the benefits of the relaxation response, diaphragmatic breathing, and progressive muscle relaxation
- Identify three mindfulness moments for clinicians to implement into their daily routine

### Description

With professional burnout, mental health disorders and substance use disorders on the rise in healthcare professionals, OhioPHP is aiming to educate the healthcare workforce on the importance of mindfulness-based interventions to promote well-being. Mindfulness is a practice that can combat the negative effects of working in high-stress, demanding jobs. This presentation defines mindfulness and meditation, describes the long-term benefits, and provides many examples of basic interventions. This presentation includes time for professionals to try the interventions with guidance so that they leave feeling prepared to implement mindfulness practices into their daily lives.

### Timed Agenda:

0:00-5:00 | Introduction and Overview  
5:00-15:00 | Defining Mindfulness and Meditation  
15:00-25:00 | The Relaxation Response and Diaphragmatic Breathing  
25:00-35:00 | Progressive Muscle Relaxation (PMR)  
35:00-45:00 | Mindfulness Moments for Clinicians  
45:00-55:00 | Practice and Reflection  
55:00-60:00 | Conclusion and Q&A