As a nurse, you spend much of your time caring for others and helping them through difficult times. Do you take the necessary steps to manage stress and deal with loss in your own life? Come and discover Sheng Zhen Gong (qigong), a practice of traditional Chinese medicine (TCM). You’ll learn about the basic principles of TCM and moving meditation and participate in the practice to experience its benefits.

**Target Audience:** All Levels

**Speaker:**
Liana Wheatley, RN, RNBSN, OCN®
Texas Breast Specialists
Austin, TX

**Full Disclosure:**
Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Analyze the critical importance of managing stress to prevent illness and enhance healing.
2. Explain the theoretical and practical perspectives of three different types of meditation and how this complementary practice can be incorporated into one’s daily life to manage stress, enhance self-care, and improve quality of life.
3. Describe Reiki as a healing practice for self-care and stress management.
4. Critique the effects of music for self-care, stress reduction, and healing.
5. Discuss healing therapies that may work best for oneself to manage stress, enhance well-being, and improve personal productivity.

**Content Outline:**

I. Analyze the critical importance of managing stress to prevent illness and enhance healing.

- A. Physiological, psychological, and spiritual effects of stress
- B. Costs and benefits of stress management for self-care
- C. Overview of research evidence

II. Explain the theoretical and practical perspectives of three different types of meditation and how this complementary practice can be incorporated into one’s daily life to manage stress, enhance self-care, and improve quality of life.

- A. Theoretical and philosophical basis for meditation practice
- B. Exploration of three systems of meditation used globally
- C. Clinical use of meditation for self-care
- D. Research evidence to support use for beneficial health outcomes
- E. Experiential meditation exercise conducted by Mary Lehett, RN, BSN, OCN®

III. Describe Reiki as a healing practice for self-care and stress management.

- A. Theoretical and philosophical basis of Reiki as a healing practice
- B. Different levels of Reiki training
- C. Incorporating Reiki into one’s life
- D. Reiki research: What we know and what we need

IV. Critique the effects of music for self-care, stress reduction, and healing.

- A. Theoretical, cultural, and philosophical perspectives of music as a healing therapy
- B. Different types of music practices and therapies
- C. Research on healing music for self-care
- D. Experiential exercise of music for wellness

V. Discuss healing therapies that may work best for oneself to manage stress, enhance well-being, and improve personal productivity.