As caregivers, nurses are vulnerable to cumulative mental and physical exhaustion. Self-care distress management can improve your work-life balance and reduce your stress level. Meditation, Reiki, and music therapy are just a few of the interventions you can use to achieve this goal. Come explore the evidence and new research models for integrative approaches to wellness.

**Target Audience:** All Levels

**Level of Content:** Intermediate

**Speaker:**
Mary Lehet, RN, BSN, OCN®
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**Full Disclosure:**
Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Identify the critical importance of managing stress to prevent illness and enhance healing.
2. Discuss the theoretical and practical perspectives of three different types of meditation, and discuss 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. List at least three of 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 and professional productivity.

**Bibliography:**

**Additional Resources:**
www.chopra.com
www.tm.org
www.reiki.org
www.nccam.nih.gov/health/meditations