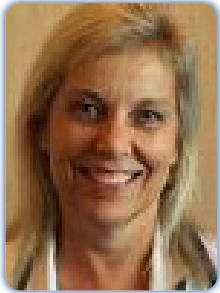


25TH WORLD NURSING AND NURSE PRACTITIONER CONFERENCE

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Mindfulness for well-being in nurse practitioners and students

Stress is an inevitable part of life for both nurse practitioner faculty and students that can be a motivator or a deterrent to success and productivity. Eustress creates an impetus to move forward in our mental capacity for gaining knowledge or in our physical ability to engage in active learning or to escape danger. Distress also impacts the mind and body on many levels, often leading to inflammation, chronic diseases, anxiety and depression. Yet, current research on mindfulness practices and relaxation indicates that stress can be managed in a way that reduces the negative physical and mental impacts of stress. By implementing simple stress reduction techniques into the classroom faculty can encourage a positive learning environment. In addition, through regular practice of relaxation techniques both students will be familiar with mind-body therapies that may be useful in their personal lives and in clinical practice settings with patients. This presentation will provide a brief overview of the current research on the psychoneuroimmunology impact of stress and the important role that mind-body therapies can play in managing stress. After this presentation the attendees will be able to synthesize the current psycho-physiologic understanding of stress and some evidence-based techniques to help students (and one's self) manage stress.

Biography

Tamera Pearson is a Professor and the Director of the Family Nurse Practitioner program at Western Carolina School of Nursing. She has 20 years of involvements in nursing education, teaching undergraduate and graduate level students both in the classroom and online. She has published more than 15 articles on clinical and education topics in reputable journals. Additionally, she brings many years of practical nursing experience and maintains clinical practice as a Nurse Practitioner in conjunction with her faculty role.

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