**Abstract**

**Problem:** Stress impacts both one’s psychological and physical health. According to Kalnin–Yobas et al. (2014), stress among nursing students has been recognized as an international problem, affecting students’ health and wellbeing. Intense academic requirements, clinical pressure, and extensive study hours are contributing factors to high stress levels in nursing students. The use of Complementary and Alternative Medicine (C.A.M.), such as yoga and meditation, have the ability to reduce stress and promote wellness.

**Project Goal**

The purpose creating a nursing student wellness program is to improve the balance of mind and body of nursing students through the provision of a weekly mindfulness intervention. Evidence supports that regular mindfulness practice can result in positive health benefits, coping and reduced stress levels.

**Solution/Plan:** The experience of significant stress is reported by many undergraduate nursing students and may contribute to sickness, absence, and attrition. Therefore, nursing students need a program that will minimize the effects of stress on their well-being. “Given the global shortage of nurses and high dropout rates amongst trainees, the importance for developing stress management programs for student nurses is becoming more evident” (Galbraith & Brown, 2011).

**Method**

The program a free, hour-long wellness intervention lasts four consecutive weeks and is on-campus. The services are provided by certified instructors and the wellness interventions are scheduled around the class schedules to make it easier for the students to attend without conflict. Additional time is set aside before and after the session. Students sign in, complete a pre-test and post-test and informally share their experience with classmates.

**Evaluation:** Following the intervention, pulse and color of the Biodots® is reassessed and recorded. The participants rate their stress. The pre- and post-test is used to evaluate the intervention.

**Conclusion**

The emerging concepts of health promotion provide grounds in support of the use of complementary medicine. The rigor of the nursing program can challenge the health and well being of students and negatively impact learning and success. A mindfulness program proved to be a beneficial example of a stress management and provided a self-care strategy for nursing students. The results collected through surveys show a positive correlation between the introduction of a mindfulness intervention and the reduction of self-reported stress.

**References:**


**Figure:** Pre- and Post-test Results

**Table:** Biodots® colors

- Violet 89.6° - Relaxing
- Blue 87.6° - Calm
- Turquoise 85.6° - Alert
- Green 83.6° - Tense
- Yellow 80.6° - Anxious
- Amber 78.6° F. - Stress

**Table:** Collaboration

- Following and mutual respect
- Scheduling and regularity
- Student participation

**Table:** Orem Self-Care Deficit

- Planned, goal-directed activities
- Independent maintenance
- Instructors’ support
- Student’s ability to care

**Table:** Nursing Diagnosis

- Frustrated, Angry
- Weight gain/loss
- Fatigue
- Sleep disturbance
- Negativity