Success in Nursing Program

Learning Activity Plan

Unit 9: Self-care & reducing test anxiety

Learning outcome:

Participants will be able to:

* Explain the effects of stress on the body, mind and spirit
* List three stress reduction techniques
* Experience a guided relaxation & meditation exercise

Learning activity:

* Social interaction
* Participate in standing and sitting yoga postures and breathing
* Micro-lecture
* Guided relaxation & meditation

Time for learning activity:

* Social interaction – 15 minutes
* Yoga – 10 minutes
* Micro-lecture – 15 minutes
* Guided relaxation & meditation – 15 minutes

Time for debriefing: 5 minutes

Resources needed:

* CD of relaxing music
* Unit 9 powerpoint