

Abstract

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Abstract

Nurses working in mental health clinics encounter undesirable experiences that can potentially erode their mental health. According to Zwane et al. (2022), mental health nurses struggle with emotional stress, sexual harassment, verbal abuse, and physical violence. Stigma and the absence of rewards and recognition are also associated with deteriorated mental health among mental health nurses (Marie et al., 2017). The COVID-19 pandemic aggravated the situation by increasing burnout and depressive symptoms among psychiatric nursing providers (Kameg et al., 2021). Therefore, mental issues pose serious practice challenges to nurses working in mental health clinics. This study examines the benefits of implementing the Palouse mindfulness stress reduction program, which is the intervention in this study. A longitudinal qualitative approach has been adopted to test the effectiveness of this program. Two sets of interviews will be conducted before and after the intervention. The two interviews will be conducted ten weeks apart, and thematic analysis will be applied to deduce meaningful insights regarding the benefits of the program. The Palouse mindfulness stress reduction program is expected to yield desirable results. Nurses working in the mental health clinic will report improved mental health since mindfulness practices, such as meditation, help individuals manage stress, depression, and anxiety. Besides, mindfulness-based interventions improve overall wellness levels and healthcare professionals' psychological functioning (Kriakous et al., 2020). The study will conclude by recommending the Palouse mindfulness stress reduction program to care providers working in mental health clinics. The results of this study will remain relevant in the future since mental health problems among nurses are likely to continue.

Keywords: Palouse mindfulness, stress reduction, stress, burnout, mindfulness-based stress reduction

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