



The Clinical Exhale

Art and Aromatherapy for
Staff Well-being

Yi-Chen Hsieh

Show Chwan Craniomaxillofacial Center, Taiwan

Health Promoting Hospitals (HPH) Conference

How can we help our healthcare workers breathe?



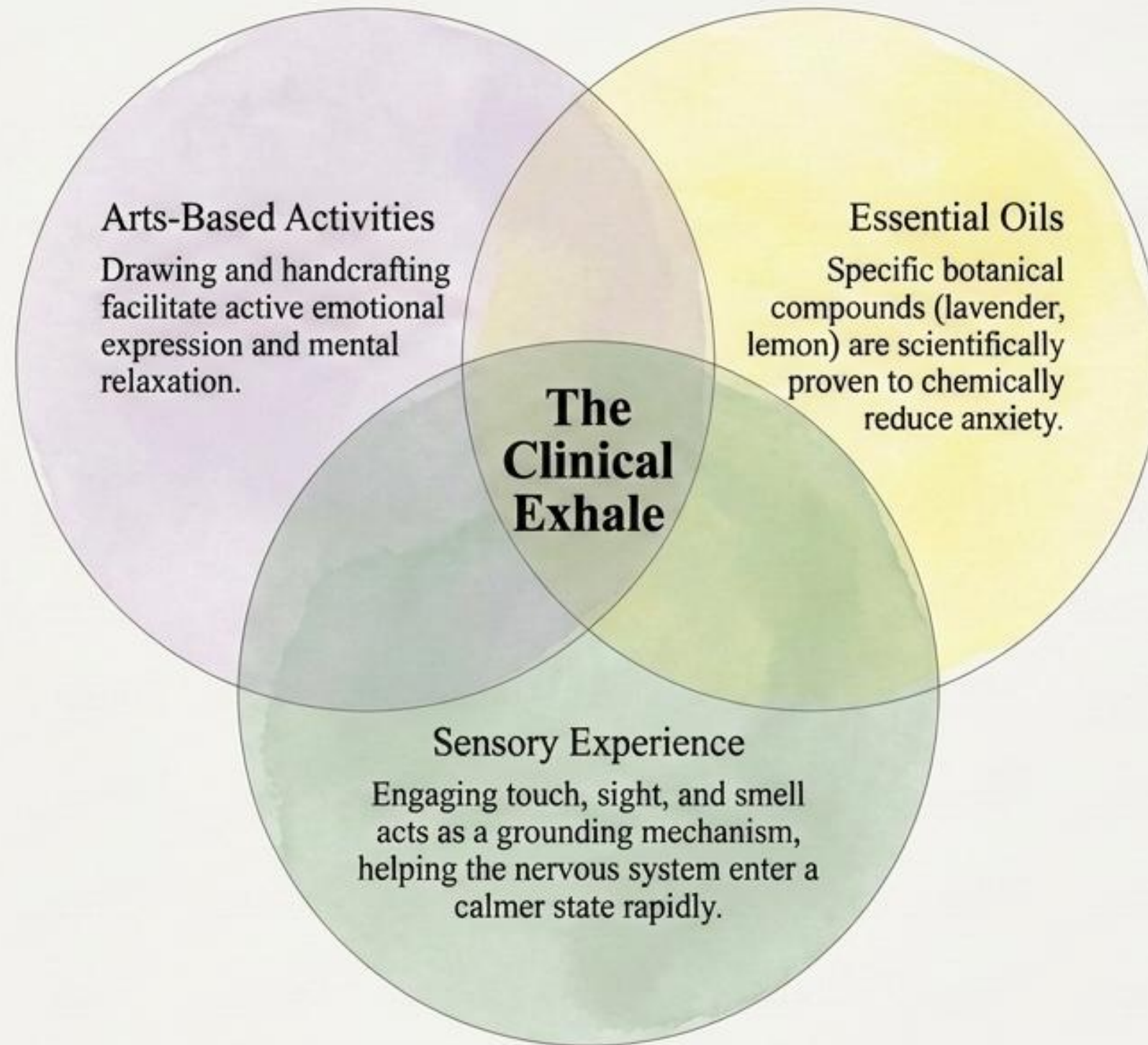
Emotional Heavy-Lifting

- Long hours
- High-pressure environments
- Burnout and anxiety

Gentle Support

Beyond medication, we need practical, restorative spaces for our teams.

The Architecture of the Exhale



The Diffuser Stone Workshop



Accessible Format

Designed for small groups to ensure intimacy and psychological safety.

Low-Cost Intervention

Highly affordable materials, making systemic implementation feasible for any hospital budget.

Simple Execution

Requires no prior artistic training; a completely frictionless entry into creative relief.

The Scientific Weight of Soft Interventions

27

Studies Reviewed

1500+

Clinical Participants

Moderate to Large Effects

in reducing emotional exhaustion and work-related stress.

Restoring Connection in the Clinical Space



Supported Individuals

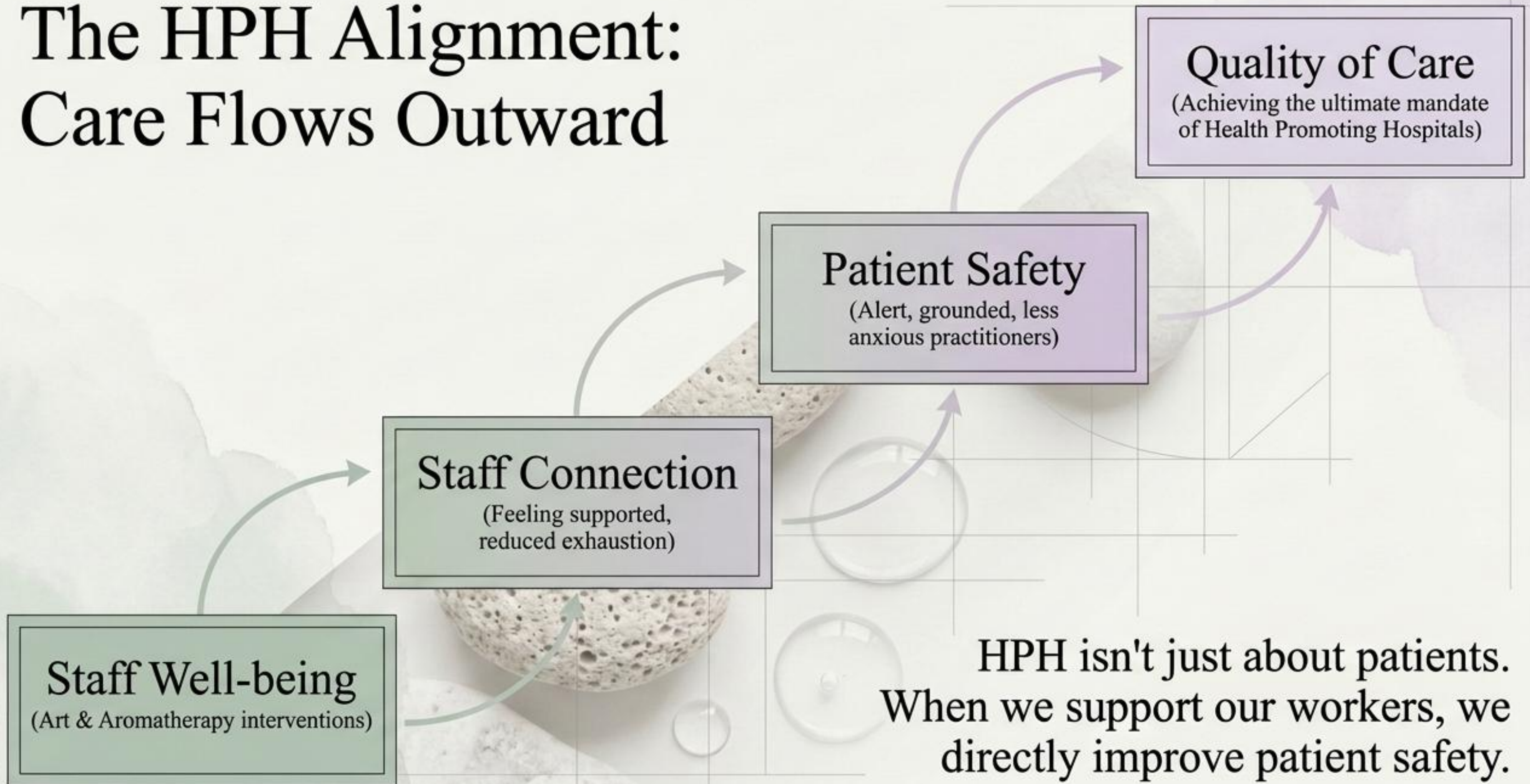
Participants reported a marked decrease in emotional isolation.

Connected Teams

The shared sensory and creative experience fostered renewed connection among colleagues.

The shared space to create becomes a shared space to heal.

The HPH Alignment: Care Flows Outward



HPH isn't just about patients.
When we support our workers, we
directly improve patient safety.

The Space to Breathe

Healthcare workers spend their lives caring for others. They also deserve care.

A small creative moment and a gentle scent can create the space to breathe in the busiest of hospitals.

Practical, affordable, and well-accepted tools for mental health.



Thank you