



THE EFFECTS OF MIDDAY MINDFULNESS
MEDITATION ON THE IMPROVEMENT OF
EMPLOYEES' RESILIENCE IN MEDICAL FIELDS

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ABSTRACT

INTRODUCTION



In 2022, the employees' psychotherapist designed nine psychological stress relief courses, which were intended to improve employee resilience, and the employees learned mindful eating, mindful body scan, meditation, and other stress relief methods during their one-hour lunch break to reduce the day's work pressure, fatigue, and restlessness.

Among the participants, 30% were nurses; 10% were medical technicians; and 60% were administrators.

PURPOSE / METHODS

Concept

Mindfulness awareness and practice combined with Gestalt therapy.

Methods

The dependent T test was used to analyze whether the resilience of the same group of samples improved significantly after the intervention.

Null hypothesis (H0): $\mu D \leq 0$

The mindfulness meditation intervention does not significantly improve the resilience of employees.

Alternative hypothesis (H1): $\mu D > 0$

The mindfulness meditation intervention effectively improves the resilience of employees.



Per course content (every 60 min)

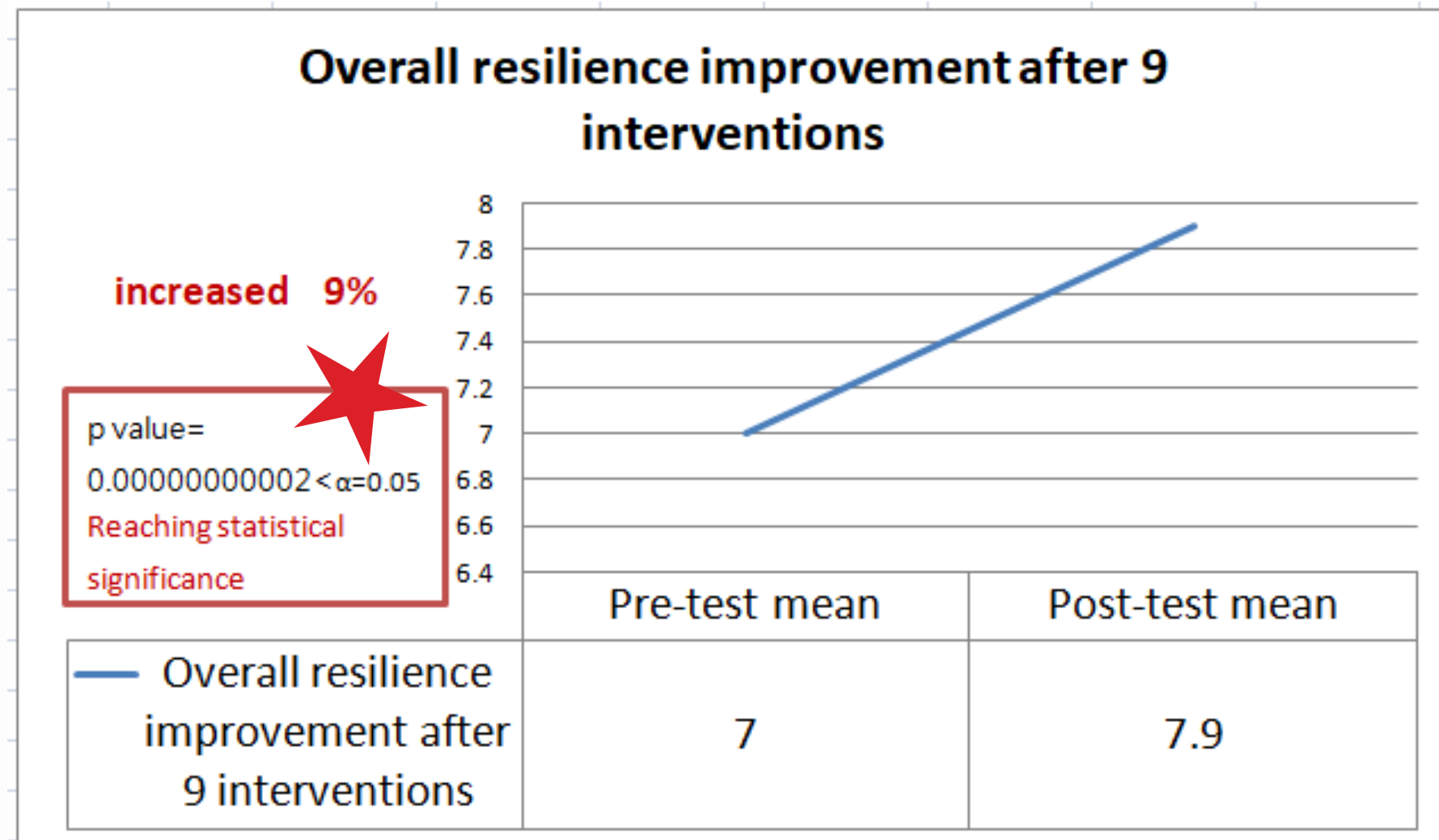
- 5 min - Pre-test - Respiration, heart rate, recovery strength assessment
- 10 min - Diaphragmatic breathing/ Mindfulness
- 30 min - Thematic intervention - Mindful Eating/ Mindful walking/ Guided imagery/ Meditation
- 10 min - Body scan
- 5 min - Post-test - Respiration, heart rate, recovery strength assessment



SELF-MADE 10-POINT RESILIENCE QUESTIONNAIRE

1. To what extent can I currently calm my mind and become aware of my thoughts, emotions, and physical sensations?
2. How well can I currently regulate my mood and thoughts?
3. How capable am I right now at shifting my perspective on challenging issues?
4. How vividly can I imagine a positive future?
5. How confident do I feel in my ability to face and overcome challenges?
6. How connected do I feel to myself, others, and nature right now?
7. Do I currently feel a sense of happiness and contentment?
8. How skilled am I at flexible thinking and creating new things?
9. Do I know how to use mindfulness, meditation, and diaphragmatic breathing for self-care?
10. How relaxed do I feel at this moment?

RESULTS / CONCLUSIONS



Results

Through use of the one-tailed dependent T test, the null hypothesis was consistently rejected at a confidence level of $\alpha=0.05$.

On the issue of whether there was a difference after nine interventions per person, p value=0.0000000000221 $\alpha=0.05$.

Difference in heart rate		Difference in respiratory rate	
Pre-test	Post-test	Pre-test	Post-test
76.8	71.7	21	22
P value=0.00018 < 0.05 Reaching statistical significance		P value=0.39 > 0.05 Not reaching statistical significance	

Conclusions

One hour of midday mindfulness meditation can **improve the overall resilience** of employees and significantly **reduce their heart rates**.



THANK YOU FOR
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