Meditation for Stress Reduction Webinar

Hosted By
Melissa Bachmann
Introduction

Elementary Teacher in Hawaii
- 11 years experience
- 2 years as an Online Teacher

Discovered Meditation at age 12
- helped headaches
- Qigong group as adult, paper published
- currently practice Chakra meditation, Affirmations and Visualizations
- Level 1 Certified in Healing Touch
a. No, skeptical about it
b. No, but would like to
c. Yes, at least once
d. Yes, regularly
Purpose

The purpose of this instructional design project was to design and evaluate a webinar on the topic of meditation to change the way adults feel about stress reduction and develop a web page on Facebook.
If
• Stress Causes Illness
  • Manning, Jackson & Fulisier, 1996

And
• Meditation Reduces Stress
  • Hussain & Bhushan, 2010

Then
• Meditation is Beneficial to Health
  • Chu, 2009
According to the National Assessment of Adult Literacy, only 12 percent of adults have Proficient health literacy. In other words, nearly 9 out of 10 adults may lack the skills needed to manage their health and prevent disease.”

-U.S. Department of Health and Human Services (HHS)
The U.S. Department of Health and Human Services encourages health professionals to work with adult educators to develop and deliver health lessons.
An average of 483 million people log on to use Facebook everyday.

Learners can easily interact with each other and the information posted as part of their daily routine.
“Facebook presents students with choices about how to use technology in creative and useful ways …” EDUCAUSE Learning Initiative
An Oz Exclusive: Oprah Winfrey, Pt 7 | The Dr. Oz Show
www.doctoroz.com

In this candid one-on-one interview, Oprah discusses her life after the Oprah show. She details her aspirations, challenges, how she knew it was time to

Like · Comment · Share

Amanda Ryan likes this.

Meditation for Stress Reduction shared a link.
October 28, 2011

To Lower Blood Pressure, Open Up And Say 'Om': NPR
www.npr.org

Meditating daily can lower blood pressure and reduce dependence on medication, according to a new study. Relaxation techniques increase the formation

Like · Comment · Share

Meditation for Stress Reduction shared a link.
October 18, 2011

There are over 20 different meditations you can listen to for various health benefits. You can choose guided imagery or affirmations once you click "Listen".

Healthy Living To Go Audio Library
members.kaiserpermanente.org

Meditation for Stress Reduction shared a link.
October 18, 2011

Breathe Easy
The advice “take a deep breath” may seem like a cliché, but it holds real truth when it comes to stress. For centuries, Buddhist monks have been conscious of deliberate breathing during meditation. For an easy three- to five-mi... See More

10 Ways to Relieve Stress | Reducing Stress | Healthline
Instructional Analysis

-Conferred with 3 Sources:

John Moore, meditation expert
Transcendental Meditation instructor

Jody Hueschen, nurse and teacher
Healing Touch International

Mary LoVerde, author and speaker,
“Life Balance Strategist”

-Attended a Meditation Webinar online.
Power Point Presentation for Webinar
<table>
<thead>
<tr>
<th>Gagne’s Event</th>
<th>Description of Webinar Slide</th>
<th>Affective Domain (Miller, 2005)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gain attention</td>
<td>5 celebrities were shown, participants had to guess what they had in common (They all meditate) Oprah had her own slide</td>
<td>“…an individual learns attitudes by observing the behaviors of others and modeling or imitating them.”</td>
</tr>
<tr>
<td>Inform learner of Objective</td>
<td>Objectives were listed in simple terms to involve participants with what they will be learning during the webinar</td>
<td>“involve the learner in planning, production or delivery of the message”</td>
</tr>
<tr>
<td>Stimulate recall of prior knowledge</td>
<td>Have you ever heard this advice, “Take a Deep Breath”, “Count to Ten” or “Go to your Happy Place”? When and why? Did you follow that advice? Did it help?</td>
<td>“By motivating students to reflect on their attitudes, instruction may lead to an increase in their intensity and permanence.”</td>
</tr>
<tr>
<td>Present the material</td>
<td>Information was chunked Each slide used limited, keywords Pictures were used on every slide Medical research and diagrams of how meditation works inside the body were given at the beginning</td>
<td>“When the information presented is important to the viewer and familiarity is low, an intellectual message will likely be more persuasive…”</td>
</tr>
<tr>
<td>Provide guidance for learning</td>
<td>The sequence of learning the techniques was organized so that by the time the webinar was over, each technique could be practiced together as one meditation</td>
<td>“the persuasive component should not merely restate the information provided earlier, but should elaborate and expand upon it”</td>
</tr>
<tr>
<td>Elicit performance</td>
<td>Three meditation techniques were practiced Each participant wrote a personal affirmation</td>
<td>“the recipients' own cognitive responses to it are numerous as well as favorable”</td>
</tr>
</tbody>
</table>
Inform Learner of Objective

- benefits
- explain how
- practice
- write
- visualize
- make time
- focus
“Increased self-efficacy, that is, a person’s belief in his or her ability to accomplish a desired task, is a key factor in decision-making. A high self-efficacy for a task may mean that a person is more likely to try it”. (HHS)

- 2 easy breathing techniques
- personal affirmations
- a 3-minute visualization
Melissa Bachmann

When could you be available to participate in the Webinar?

- Sunday 1/29/12 at 10 am Hawaii Time, 12 noon Pacific time, 3pm Eastern
- Saturday 1/28/12 at 7 am Hawaii Time, 10 am Pacific time, 1pm Eastern

Add another idea:

Add an option...

Like · Comment · Unfollow Post · January 21 at 2:22pm

Melissa Bachmann

Let's plan for Sunday! Thanks so much ladies! "See" you online soon :) 
January 24 at 4:12pm · Like

Melissa Bachmann created a doc.

Consent Form
University of Hawai'i

Consent to Participate in Research
Meditation for Stress Reduction Webinar...

See More

Like · Comment · Unfollow Post · January 22 at 7:30pm

Melissa Bachmann

Please read the consent form above. It contains the link for the survey. Here is the link for the class: http://try.bbcollaborate.com/trial/p.go?pk=Vm8WFvZo2jVxPLt

Blackboard Collaborate
try.bbcollaborate.com
1. What is your overall impression of the webinar?

The selected images and your soothing voice/demeanor fit the topic very well. You seemed confident with the subject material. It was enjoyable, but towards the end felt a little long... you might consider shortening it to 30-45 minutes if possible.

2. Did the webinar motivate you to try meditation to reduce stress?

YES! I have already put into practice a couple of your techniques! I also felt a little dizzy though when I tried some meditative breathing while driving. Should have taken your advice on not doing that one!

3. What did you like best about the webinar?

I liked the tone/mood/aura of your presentation. It all flowed very well with your topic choice. I also learned a couple of techniques I did not know about! Perfect webinar for a Saturday morning! Great way to start the day.

4. What do you think could be changed to improve the webinar?

... Consider giving time limits for sections like “share something about yourself” section, 30-45 seconds to keep the flow of the webinar. Keep in mind that some participants tools might be in different places when you go over Bb tools, mine were in a different spot than what you were referring to when talking. One thing I thought might be a good attention getter at the beginning is to have a moment of silence or a soothing sound/chime/wave to put everyone in the relaxed mood right away. You may want to go to a quieter place if possible when you do the real one.

5. Did you participate in any discussions or view any videos on the “Meditation for Stress Reduction” Facebook page?

The facebook page is really helpful and a great idea. It promotes continued learning and discussion. I really liked the article on celebrities that advocate meditation.

6. Do you think you will try to start a daily meditation practice?

I hope so, but I feel like I probably need to make exercise more of a priority now, since I barely make time for that!
Share something about yourself

Pop Quiz: What do these Celebrities have in common?

And don’t forget OPRAH!

“We believe in meditating... You can do it however you choose to do it. You can sit in the chair, you can sit on the floor, you can sit in the window, you can sit in the tub. I give myself at least ten minutes every day in some form of meditation.”

Conscious Breathing

breathing slow, deep, quiet, and regular

One Minute Practice

Hand position
Count
Breath only through nose

Check in

- Relaxed?
- Hand position?

“Count to 10”

“Take a Deep Breath”

“In through your nose, out through your mouth.”

Today

- benefits
- explain how
- practice
- write
- visualize
- make time
- focus

CANCER“Cancer of Long Life”
According to the HHS, “There is a mismatch between the reading level of health information and the reading skills of the public. In addition, there is a mismatch between the communication skills of lay people and health professionals”.
Meditation for Stress Reduction Webinar

By Melissa Bachmann

Today 10:00am until 11:00am

Online in my vRoom. Come 10-15 min. early if you have never used web conferencing so we can get your audio/video sorted out. The time is 10:00 am (HST), Noon (Pacific), 2:00 pm Central and 3:00pm (EST)

If you are interested in attending this free Interactive Webinar, please go to the Meditation for Stress Reduction Page for details.
http://www.facebook.com/pages/Meditation-for-Stress-Reduction/162527070508491?sk=wall

161 ‘Friends’, men and women, were invited to attend the Webinar.

8 women attended
1. On a scale of 1-10, how much stress do you feel on a daily basis. (1: no stress, 10: extreme stress).

2. What symptoms of stress do you experience?

3. What do you currently do to manage or reduce stress in your life?

4. How much time do you spend daily using this method of stress reduction?

5. On a scale of 1-10, how effective is your current method of stress reduction? (1: does not reduce stress, 10: lasting stress reduction every time).

6. What is meditation?
I asked participants questions during the Webinar to see if Learning Objectives were being met. They responded in the chat box by choice. Writing Affirmations was the only objective that was not fully met to my satisfaction. It really needed more time and practice.

One participant was unable use their chat box feature, but later sent an email stating “You really got my curiousity [sic] up for meditation. I really enjoyed when I learned.”
Appears on a person’s profile wall as something they approve of
Promotes the page to others
Sends “Status” updates to “News Feed” when someone writes on the page
Community of Learners
People who “Like” the Facebook Page

- Webinar Participants
- Unable to attend
- ETEC students
- Others

N = 20
Chat Box Comments during Webinar:
After participants practiced a meditation technique, they were asked how they felt.

I feel relaxed and actually am breathing fully which is not normal for me.

wow just that little bit made me feel so good, i need to do this more often

I am more relaxed then when I began.

It is relaxing, thanks melissa
Post Webinar Survey Comments for Question 10:

Overall, describe your feelings towards using meditation for stress reduction.

I feel more relaxed and I noticed I try not to fly of the handle. Meditation makes me think relax., relax, relax. Melissa I want to thank you for your presentation.

**Meditation has reduced my blood pressure 20 points.**

I am certainly beginning to be a believer, I have felt less stress.

I feel compelled to incorporate meditation in my daily life more now then ever.

beneficial yet I find clearing the mind can be difficult... but even a little clearing of the mind helps keep me sane!

I think it is highly beneficial, because you can use it anywhere. When I am on my job site, I can use my mantras and affirmations. It helps me not beat myself up.
Asynchronous Delivery More Beneficial?

Recorded Video/ Narrated PPT for each objective

- benefits
- explain how
- practice
- write
- visualize
- make time
- focus
“The way we ‘package’ health information and services can greatly increase self-efficacy” (HHS)
There are many known health benefits of stress reduction.

A low level of health literacy could be the reason that adults are not developing a practice of Meditation for Stress Reduction.
My Project Changed Feelings

- 6 people tried Meditation for the first time
- 45% of participants started practicing Meditation for Stress Reduction
Facebook for a Community of Learners

Easy to use, familiar page that learners can interact with as a part of their daily routine

“Health websites need to be designed for learners who may have low health literacy.” (HHS)

The Quick Guide to Health Literacy
Meditation for Stress Reduction


- The Facebook page link is: [http://www.facebook.com/pages/Meditation-for-Stress-Reduction/162527070508491](http://www.facebook.com/pages/Meditation-for-Stress-Reduction/162527070508491)
Mahalo Nui Loa!

- Participants
- Evaluators
- Professors
- “Critical Friends”
- Family and Husband
I would be happy to answer any questions.