

Health Education Lesson Plan 2

Descriptive Information:

Skill Emphasis: Stress Reduction through Mind-Body Interventions

Knowledge Level: Adults over 18

Content Area: Meditation

Content Descriptor & Sub-Descriptor(s)

- Introduction to Meditation
- Mindfulness
- Guided Imagery
- Mantras
- Affirmations
- Putting it all Together experiential

Title of Lesson: Meditation for Cardiac Rehab: Mind-Body Interventions

Curricular Connections (other topics this lesson connects to):

- Mind-Body interventions (yoga, prayer)
- Stress Reduction
- Benefits in Cardiac Rehab

Health Behavior Targeting: Managing Stress

Teaching With the End in Mind:

- Increase in knowledge and understanding of meditation and how it works
- Increase knowledge of the Relaxation Response and how meditation get there
- Identify 4 different types of meditation (mindfulness, guided imagery, mantras, affirmations)
- Increase in knowledge and understanding of the 4 types of meditation
- Increase in ability to practice these 4 meditation types in a class environment or on their own at home
- Take away resources

Key Concept(s) to be Covered in Today's Lesson:

- Definition and benefits of meditation
- How meditation works and different approaches
- Definition and benefits of mindfulness
- The practice of mindfulness (including mini experiential)
- What is guided imagery?
- What is a mantra and how do you use it to meditate?
- What are affirmations and how are they used to meditate?
- Guided Imagery, Mantra, and Affirmation mini experientials
- Practice tips, reminders, challenges in using meditation
- How and where to use meditation for stress reduction in everyday life

Objective(s):

1. Participants will display the ability to define meditation by the end of the 2 hour session.
2. Participants will display the ability to identify 3 benefits of meditation for stress reduction in a cardiac rehab program by the end of the 2 hour session
3. Participants will display the ability to identify 4 different meditation styles by the end of the 2 hour session.
4. Participants will display the ability to participate in 4 different meditation styles by the end of the 2 hours session.
5. Participants have the accessibility to utilize at least 1 resource given during the session to practice their preferred style of meditation for the next 2 weeks.

Introduction to the Lesson:

We will begin the session with the sounding of 3 chimes from a himalayan singing bowl and they continue to play it while encouraging the participants to focus on the sound of the bowl. How many of you enjoyed the sounds of the bowl? How many found themselves able to focus on the sounds? How many found that their minds and thoughts were drifting away from the sounds? This will launch us into the definition of meditation after providing first hand evidence that meditation doesn't have to be long, difficult or painful.

Introductory Activity:

Same as above

Content Outline:

1. Introduction to Meditation
 - a. Discussion: What are thoughts and ideas about meditation?
 - b. Discussion: Greater understanding if meditation through many different definitions.
 - c. Discussion: Changing our perceptions of meditation?
 - d. Discussion: The benefits of meditation and relating those to stress management and cardiac rehabilitation
 - i. The relaxation response and the parasympathetic nervous system and the benefits of activating this with ourselves
 - ii. Managing stress and how this can help prevent second cardiac episode
 - iii. Why does meditation work? more about the relation to the parasympathetic nervous system
 - iv. Relationship of meditation to stress and how a regular practice helps to manage stress and health
 - v. Name some things or situations where you feel the negative effects of stress
 - vi. Provide basic positioning, private space or alter, wearing something comfortable, being consistent and setting a schedule (experiment with different times), distractions
2. What is Mindfulness Meditation?
 - a. Who knows what mindfulness is and does anyone already practice mindfulness?
 - b. Describe formal and informal practice. Ask again
 - c. Discuss the 7 attributes of mindfulness
 - i. non-judgement
 - ii. patience
 - iii. beginner's mind
 - iv. trust
 - v. non-striving
 - vi. acceptance of what is
 - vii. letting go
 - d. Discuss the benefits of mindfulness meditation practice in relation to stress and cardiac rehabilitation

- e. (Experiential) Practicing a formal mindfulness meditation (5 minutes)
 - i. Focus on the breath
 - ii. Focus on sensations in different parts of the body
 - iii. Remind of the 7 attributes
 - iv. Remind of wandering mind
 - f. Discussion: How to use mindfulness meditation informally
3. What is Guided Imagery?
- a. Who knows what guided imagery is and does anyone already practice any type of guided imagery?
 - b. Provide definition and benefits in relation to stress and cardiac rehab
 - c. Discuss using all the senses and why
 - d. Ask participants: If you could be anywhere that you feel safe, relaxed, and have positive associations with, where would that be?
 - e. Assess the group for any contraindications for participating in GIM
 - f. (Experiential) Practicing guided imagery meditation (5 minutes)
 - i. Have background peaceful instrumental music playing that would be unfamiliar
 - ii. Speak "Favorite Place" Imagery script utilizing all senses for participants to experience
 - iii. Open floor for sharing experience (5 minutes)
4. What is an Affirmation?
- a. Who knows what an affirmation is and does anyone already practice using affirmations?
 - b. Provide definition and benefits in relation to stress and cardiac rehab
 - c. (Experiential) Practicing an Affirmation Meditation (5 minutes)
 - i. Provide affirmation handout for each to choose or make up their own affirmations
 - ii. Speak script where they can utilize their affirmation for participants to experience
5. What is a Mantra?
- a. Who knows what a mantra is and does anyone already practice using mantras?
 - b. Provide definition and benefits in relation to stress and cardiac rehab
 - c. (Experiential) Practicing a Mantra Meditation (5 minutes)
 - i. Provide mantra and practice reciting mantra with the group (Om)
 - ii. Speak script using that Mantra for participants to experience
6. Putting it all Together
- a. Provide participants with Basics of Meditation handout
 - b. Discuss challenges that came up during experiences or that may come up in the future
 - c. Handout resources (list of apps, scripts for each meditation experienced in the session, local facilities offering meditation sessions with tickets to free sessions, and a list of books to check out from the library)
 - d. Discuss "homework" for meditation to practice at least 2x a week before the next session

Learning Activity(ies):

- Did you enjoy the meditations?
- What emotions rose up during the meditations, if any?
- What bodily sensations rose up during the meditation, if any?
- Did you find meditating difficult or fairly easy?
- Do you think you will enjoy doing this at home this week or will it be a struggle? why?
- Other comments or concerns?

Have participants:

- Name benefits of meditation for stress management in cardiac rehab
- Name the 4 styles of meditation discussed today
- Ask participants to circle which resource they will use for practicing this week.

Final Thoughts/Conclusion to the Lesson:

The session will conclude with congratulations for the open minds and trying something new as well as encouragement to keep practicing this week for as long as you have time or can sit in stillness. Then 3 chimes of the singing bowl to dismiss.

Assessment:

The discussion at the end about participants' experiences and the questions and concerns that are asked should give a decent indication of understanding. However, short surveys will be distributed and collected at the end of each session and at the end of the entire program.

Scoring Rubric for Assessment: No grading

Classroom Materials & Management:

This session consists of a variety of education and experiences to keep participants' attention and excitement for the material presented.

Materials

- Scripts for all meditations
- Background music
- Apps handout
- List of local facilities offering meditations
- List of Books

Resources:

<https://www.mindful.org>

<https://chopra.com>

References:

Gauding, M. (2016). *The complete meditation workshop*. Octopus Publishing Group

Giovanni. (n.d.). *Types of meditation: An overview of twenty three meditation techniques*. Live and Dare.
<https://liveanddare.com/types-of-meditation/>

Mindful. (n.d.). *How to manage stress with mindfulness and meditation*. <https://www.mindful.org/how-to-manage-stress-with-mindfulness-and-meditation/>

Watkins, P. (2016). *Meditation made simple: Weekly practices for relieving stress, finding balance, and cultivating joy*. Quarto

Health Education Lesson Plan 5

Descriptive Information:

Skill Emphasis: Stress Reduction through EnergyTherapy Interventions

Knowledge Level: Adults over 18

Content Area: Reiki

Content Descriptor & Sub-Descriptor(s)

- Introduction to Reiki
 - Entrainment
 - How does the body use this energy?
 - The Chakras
- The History of Reiki
- The Reiki Principles
- What is a Reiki attunement?
- Reiki for Stress Reduction
- Reiki for Self-Healing
- Resources

Title of Lesson: Reiki for Cardiac Rehab: Energy Therapy Interventions

Curricular Connections (other topics this lesson connects to):

- Energy Therapy interventions (QiGong, therapeutic touch)
- Stress Reduction
- Benefits in Cardiac Rehab

Health Behavior Targeting: Managing Stress

Teaching With the End in Mind:

- Increase in knowledge and understanding of Reiki
- Increase attitudes toward using Reiki for stress reduction
- Identify the principles of Reiki
- Increase in ability to practice Reiki for self-healing on their own at home
- Take away resources

Key Concept(s) to be Covered in Today's Lesson:

- Definition and benefits of reiki
- History of Reiki
- How Reiki works and why
- Reiki principles
- The practice of self-healing through Reiki (including mini experiential)
- Practice tips, reminders, challenges in using Reiki
- How to receive Reiki and finding a qualified and credentialed practitioner
- How to use Reiki for stress reduction in everyday life

Objective(s):

1. Participants will display the ability to define Reiki by the end of the 2 hour session.
2. Participants will display the ability to identify 3 benefits of Reiki for stress reduction in a cardiac rehab program by the end of the 2 hour session
3. Participants will increase knowledge about the history of Reiki by the end of the 2 hour session.
4. Participants will display the ability to use Reiki for self-healing by the end of the 2 hours session.
5. Participants have the accessibility to utilize at least 1 resource given during the session to receive Reiki from a professional provider for the next 2 weeks.

Introduction to the Lesson:

We will begin the session with the sounding of 3 chimes from a himalayan singing bowl and they continue to play it while encouraging the participants to focus on the sound of the bowl. Each participant will take turns holding the bowl to physically feel the energy vibrations from the bowl to introduce the topic of energy therapy. How many of you enjoyed the sounds of the bowl? How many felt the vibrations coming from the bowl? Were those vibrations pleasant or unpleasant? How many would consider the vibrations a form of energy? This will launch us into energy therapies after providing first hand evidence of feeling moving energy.

Introductory Activity:

Same as above

Content Outline:

1. Introduction to Reiki
 - a. Assess how many participants have used or received Reiki in the past
 - b. Discussion: Life Force/Chi
 - c. Levels of Reiki Training
 - d. What a Reiki session is like
 - e. Entrainment - What is entrainment?
 - i. How it is used in a Reiki session
 - f. How does the body use this energy?
 - i. Maintaining Balance
 - g. The Chakras or spinning wheels of energy
 - i. 7 Chakras with diagram handout
 - ii. Using the Chakras in Reiki practice
2. The History of Reiki
 - a. Dr. Mikao Usui
 - b. Chujiro Hayashi
 - c. Hawayo Takata
3. The Reiki Principles
 - a. Just for today, I will trust
 - b. Just for today, I will love
 - c. Just for today, I will be true to myself and others
 - d. Just for today, I will give thanks for my many blessings
 - e. Just for today, I will be kind to my neighbor and every living thing
4. What is a Reiki attunement?

- a. The Attunement process
- b. Attunement Ceremony
- c. Expectation of Reiki practitioners
5. Reiki for Stress Reduction
 - a. Effects on the autonomic nervous system
6. Reiki for Self-Healing (experiential)
 - a. Walk participants through Cleveland Clinic "Reiki for self-healing" protocol (handout)
7. Resources

Learning Activity(ies):

- Did you enjoy the Reiki for self-healing experience?
- What emotions rose up during self-healing, if any?
- What bodily sensations rose up during the self-healing, if any?
- Did you find practicing self Reiki difficult or fairly easy?
- Do you feel confident doing this at home this week or will it be a struggle? why?
- Do you feel confident in seeing a Reiki practitioner for a session in the next couple of weeks?
- Other comments or concerns?

Have participants:

- Name the Reiki principles
- Name how Reiki can help with stress and cardiac rehab
- Ask participants to circle which resource they will use for practicing this week.

Final Thoughts/Conclusion to the Lesson:

The session will conclude with congratulations for the open minds and trying something new as well as encouragement to keep practicing this week and find a credentialed practitioner. Then 3 chimes of the singing bowl to dismiss.

Assessment:

The discussion at the end about participants' experiences and the questions and concerns that are asked should give a decent indication of understanding. However, short surveys will be distributed and collected at the end of each session and at the end of the entire program.

Scoring Rubric for Assessment: No grading

Classroom Materials & Management:

This session consists of a variety of education and experiences to keep participants' attention and excitement for the material presented.

Materials

- Chakras
- Reiki for Self-healing (CCF)
- List of local facilities offering Reiki
- List of Books

Resources:

National Center for Complementary and Integrative Health
<https://www.nccih.nih.gov/health/reiki>

The Cleveland Clinic Health Essentials
<https://health.clevelandclinic.org/reiki/>

References:

Brennan, B. (1987). *Hands of light: A guide to healing through the human energy field*. Brennan

Cleveland Clinic (2019). *Reiki self-treatment*. <https://my.clevelandclinic.org/health/treatments/21080-reiki-self-treatment>

Powers, L. (2016). *Reiki: level 1, 2, and master manual*. Powers

Quest, P. (2011). *The reiki manual: A training guide for reiki students, practitioners, and masters*. Quest