

Tuesday, June 15th @ 9:00-10:00AM

Mindfulness: An Effective Path towards Adaptation and Resiliency

Dr. Maryanna Klatt

Professor, College of Medicine at Ohio State University, Department of Family Medicine



Maryanna Klatt, Ph.D., is a Professor, in the College of Medicine at Ohio State University, Department of Family Medicine. Dr. Klatt's research focus has been to develop and evaluate feasible, cost-effective ways to reduce the risk of stress-related chronic illness, for employees of high stress work environments.

Specifically her research has shown that nurses working in a surgical intensive care unit reduced their stress by 40% (shown in their salivary amylase), and that university/hospital faculty and staff significantly increased their resilience and work engagement after her 8 week, one hour/week intervention,

Mindfulness in Motion. This program effectively combines community building, mindfulness meditation, yoga, relaxing music, and is delivered at the worksite. Patient safety outcomes have been associated with these changes. Dr. Klatt's latest research shows a 27% reduction in burnout for healthcare professionals, with a significant increase in their resilience and work engagement. Her goal is to increase the joy of employees at work. She has shown that mindful awareness interventions produce an average of 4300.00 annual cost savings for participants up 5 years post intervention. Dr Klatt has published several articles and book chapters, and has presented her work at numerous national and international scientific conferences. A joy of her professional life has been contributing to the creation of a more mindful workforce.

Presentation Description:

- Discover the meaning of mindfulness VS meditation
- How to utilize these to remain resilient through these turbulent times
- Learn what is available to YOU through OSUMC for Mindfulness training
- Get a small taste of mindfulness and see if it's something you want to Explore