

Healthcare occupations are among the most stressful. A study in Nursing Research and Practice showed that 92% of nurses report moderate-to-very-high stress levels. The physical and emotional demands of these jobs can have a negative impact on quality of care as well as the health of professionals working in the field.

To earn these points, host at least one stress-reduction event for the medical professionals in the building and commit to hosting regular events. Potential events include:

- *Chair massages*
- *Breakfast or lunch with healthy food options*
- *Tree planting or shared garden*
- *Yoga classes*
- *Therapy animals*
- *Group meditation*

1. Describe the stress-reduction event, including when it occurred, what it involved, and the turnout.

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2. Commit to sponsoring stress-reduction events at least twice per year.

I commit to sponsoring stress-reduction events for the medical professionals in the building at least twice per year.	
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Alternative Documentation

Instead of this form, you may submit the following to IREM®:

- Flyer or other promotional piece for the event(s)
- Paragraph describing the event