

# Mastering Mindset: A Well-Being Program™

## A Scalable Mental Health Initiative to Strengthen Nurse Well-being and Workforce Resilience

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### PILOT STUDY

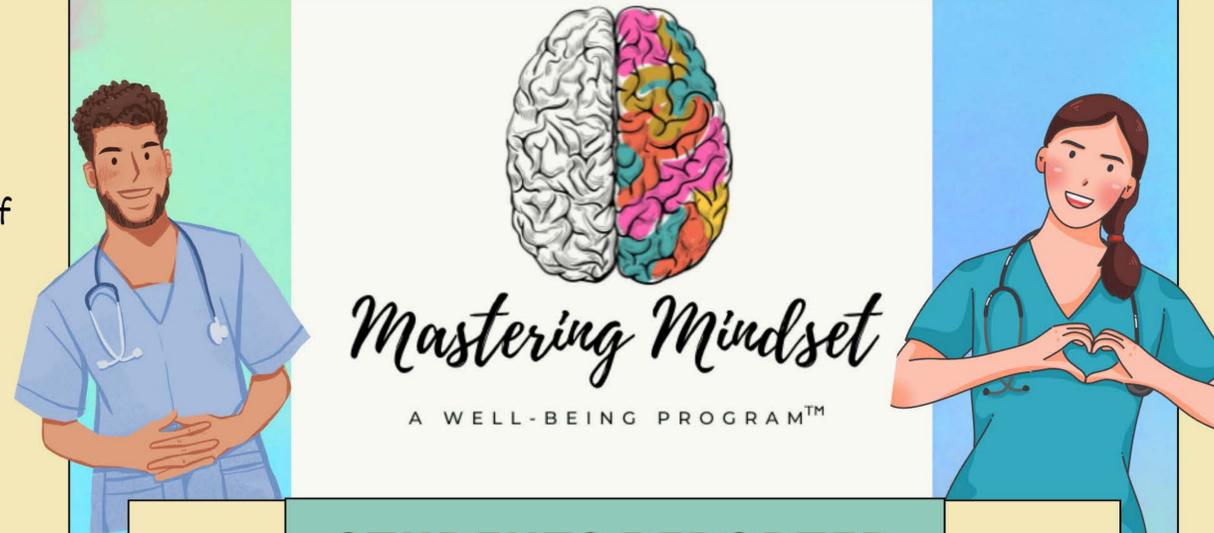
- Universities have turned to faculty to seek innovative methods to integrate MH discussion into the classroom
- Fall 2024
- Developed & implemented social-media style MH video series
- **QUAN:**
  - Significant improvement in physical well-being ( $p < .05$ )
  - Upward trend in MH engagement ( $p=0.115$ )
  - 89.9% of students supported continuation of this program
- **QUAL:**
  - In favor of **Style & Format**
  - Content was **Relatable & Authentic**
  - Videos found to be **Encouraging & Practical**
  - Strong desire for **Continuation and Evolving** series into a full program

### PURPOSE OF PROGRAM

To advance nursing education  
by making student well-being a core priority  
through structured delivery of evidenced-based, student-centered well-being initiatives that promote mental, physical and overall health thereby cultivating a more resilient, health-conscious nursing workforce

### EVALUATION

- 144 students evaluated the program after 1 semester of implementation
- 89.1% students would recommend this program to a peer
- 88.9% reported that the “Chill-Out” Carts were extremely to moderately helpful in promoting their well-being
- 93.1% reported that faculty & staff support were extremely to moderately helpful in promoting their well-being
- 72.8% reported that the social media content and monthly themes were extremely to moderately helpful in promoting their well-being



### STUDENTS REPORTED INCREASED CONFIDENCE IN:

- Recognizing signs of burnout (82.6%)
- Knowing when to seek mental health support (81.9%)
- Using coping tools (mindfulness or journaling) (82.6%)
- Managing stress & balancing school/personal life (71.5%)
- Discussing mental health with others (70.8%)

### PROGRAM LAUNCH

#### Mastering Mindset: A Well-Being Program™

- Launched in Spring 2025
- Personalized program of well-being for nursing students
- Created by Dr. Kacie Duncan & Dr. Heather Cole
  - Faculty, Staff & Student Ambassadors
  - Monthly well-being themes
  - Chill-Out Carts
  - Mindset Library
  - Social media outreach

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