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## Implementation of Mindfulness-Based Movement for Sheltered Women

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**Implementation of Mindfulness-Based Movement for Sheltered Women**

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Lydia Green School of Nursing, Seattle Pacific University

NUR 4153: Nursing Leadership in Community Engagement

Dr. Carol Redfield

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## **Introduction**

In 1894, Angeline's Day Center for Women was established through the Young Women's Christian Association (YWCA) to serve the evolving needs of homeless women in Seattle by addressing existing racial and socioeconomic health disparities (Schafranek, 2021). Angeline's provides overnight and day services to address the COVID-19 related heightened community need, including healthcare, meals, and hygiene services to 40 women (Schafranek, 2021). In 2022, the Seattle Pacific University (SPU) Lydia Green Nursing Program partnered with Angeline's to analyze and address the needs of the population they serve. The undergraduate nursing students performed a windshield survey and developed a community diagnosis of ineffective coping related to social circumstances and homelessness as evidenced by self-reports of health-harming behaviors. To address this diagnosis, mindfulness-based movement (MBM) sessions were implemented with the goal of reducing stress and promoting positive coping skills.

## **Background**

Homelessness in King County continues to rise: the 2020 Point-in-Time Count for Seattle/King County found a total of 11,751 people experiencing homelessness countywide (Constantine, 2020). King County's steady increase in homelessness is compounded by the ongoing pandemic. YWCA program participants experienced job loss, food insecurity, loss of health insurance, and loss of housing related to COVID-19 (Schafranek, 2021). Furthermore, homeless adult women demonstrate elevated rates of physical health concerns such as inadequate nutrition, under-utilization of preventative care, and heightened prevalence of mental health concerns secondary to trauma-exposure (Dickins et al., 2021). Research indicates that homeless women are more likely than other women to adopt health-harming coping strategies, including refusal to accept circumstances, avoidance, and increased smoking (Dickens et al., 2021).

Fortunately, studies have demonstrated that physical activity and mindfulness-based stress reduction (MBSR) interventions have the potential to reduce stress, promote positive coping strategies, and improve health outcomes, in trauma-exposed, low-income women (Dutton et al., 2013; Vogel, et al., 2022). Considering the need for improved coping strategies and stress-reduction in homeless women, along with emerging health benefits of exercise and MBSR, the nursing students have partnered with Angeline's to offer guided MBM.

### **Activities with Rationale**

Studies have demonstrated the efficacy of relaxation-based movements such as guided breathing, yoga, dancing, and focused muscle training in reducing depression and anxiety in adults (Klainin-Yobas et al., 2015). Utilizing this research, the nursing students developed four sessions of MBM that focused on reducing stress and promoting positive coping. Each session opened with informal conversations with the women, followed by introductions, and implementation of 15-20 minutes of MBM. The nursing students provided verbal instructions and physically demonstrated full-body, yoga-like movements that promoted blood flow, relaxation, and intentional deep breathing.

### **Outcomes/Results**

The total number of participants versus the total number of women present in the room for each implementation were as follows: 4 out of 10 (40%), 7 out of 9 (77.8%), 8 out of 10 (80%), and 5 out of 8 (62.5%). Following the first session, one participant reported that she felt more relaxed following the MBM. However, overall participation rates in the first week were low. To address this, the students reflected on potential barriers to engagement, including lack of trust and the presence of non-familiar people within the shelter. They decided to incorporate background music and a period of casual communication before the session to make the

students' presence more inviting. These changes contributed to a marked improvement in active participation in the second session. In the third and fourth weeks, the students donned scrub tops to model familiar nursing attire and gain trust among the residents. Additionally, stress balls were incorporated into the activity to serve as a tactile aid for deep breathing. The energy levels were considerably higher, and teaching from the students garnered surprise from the residents, indicating active listening. The nursing students recognized that the introduction of music before and after the sessions allowed for self-expressive dancing, increased participation, and was met by participant verbalization of increased collective energy. The combination of music and movement proved to be a positive coping strategy for the women of Angeline's.

### **Conclusion**

The program's goal was to decrease stress and introduce healthy coping mechanisms. This goal was met through the implementation of four MBM sessions. The women at Angeline's vocalized enjoyment, decreased stress levels, and increased knowledge of physical movement. To leave a lasting impact, the nursing student provided the Angeline's activity coordinators with exercise guides to be posted throughout the shelter to serve as a visual reminder for the women to apply exercises when seen. Additionally, a playlist was created to allow for continued unstructured movement time (Appendix C). Limitations encountered included COVID-19 restrictions at Angeline's that limited the time of the sessions and prohibited the entire group of nursing students from attending at once. The most significant obstacle that the nursing students encountered was the lack of participation from the women secondary to lack of trust. However, the student's repetitive presence and the incorporation of music significantly increased participation. The nursing students are hopeful that having increased time with the participants to develop therapeutic relationships would bolster active participation in future MBM sessions.

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**Appendix**

**A. GANTT Chart**

Nursing Diagnosis: Ineffective coping related to social situation, houselessness, stress, and potential history of trauma as evidenced by self-report of health-harming behaviors (such as isolation from social supports, increased prevalence of smoking) by sheltered women.

Program Goal: We will develop and implement a mindful movement and meditative Zoom class to be presented to the sheltered women on Feb. 4, Feb. 9, Feb. 16, and tentatively on Feb. 23.

Tasks	Time (in weeks; include dates; edit this section to fit quarter; each task item with its own line across the weeks)									Person assigned
	1 01/ 12	2 01/ 19	3 01/ 26	4 02/ 02	5 02/ 09	6 02/ 16	7 02/ 23	8 03/ 02	9 03/ 09	
1. Review Gantt chart, strategize, delegate tasks	x	x	x							Full team activity (Lead: Erin)
2. Team Process work (what tasks are needed to form/maintain a team environment?)	x									Full team activity (Lead: Erin)
a. Team agreement	x	x	x	x	x	x	x	x	x	Aloera
b. Weekly report	x	x	x	x	x	x	x	x	x	Erin
c. Weekly goal assessment	x	x	x	x	x	x	x	x	x	Erin
3. <b>Assessment of Community:</b>	x									Full team activity (Lead: Jordan)
a. Windshield survey										
b. Context (local and national statistics? Cultural?)		x	x							Rhea
c. Factors of social equity		x	x							Ashley
d. Review of relevant literature/ Citation formation)	x	x	x	x		x		x		Oliver

<p>4. <b>Diagnosis</b> - health need/s of target population:</p> <p>a. Identify priority nursing diagnosis</p> <p>b. Additional diagnosis/diagnoses ?</p>		x								Full team activity (Lead: Ashley)
			x							Full team activity (Lead: Aloera)
<p>5. <b>Planning and Outcomes Identification:</b></p> <p>a. Select priorities</p> <p>b. Identify framework/model to guide work</p> <p>c. Identify SMART goals/objectives (consider the cultural and socioeconomic context)</p> <p>d. Identify evidence-based interventions (2-3 resources min.; keep APA reference list); note levels of prevention</p> <p>e. Address sustainability, health equity, cultural sensitivity</p> <p>f. Identify a plan to evaluate interventions (method? Literature review for evidence-based evaluation tools?)</p>	x	x								Full team activity (Lead: Erin)
	x	x								Full team activity (Lead: Jordan)
			x	x						Erin, Aloe
			x	x						Oliver, Rhea
		x	x							Ashley
							x	x		Full team activity (Lead: Oliver)
<p>6. <b>Executive Summary:</b></p> <p>a. Introduction</p> <p>b. Background</p> <p>c. Activities</p> <p>d. Conclusion</p> <p>e. References (Updated weekly)</p>		x	x	x					Rhea, Erin	
			x	x	x	x			Rhea, Erin	

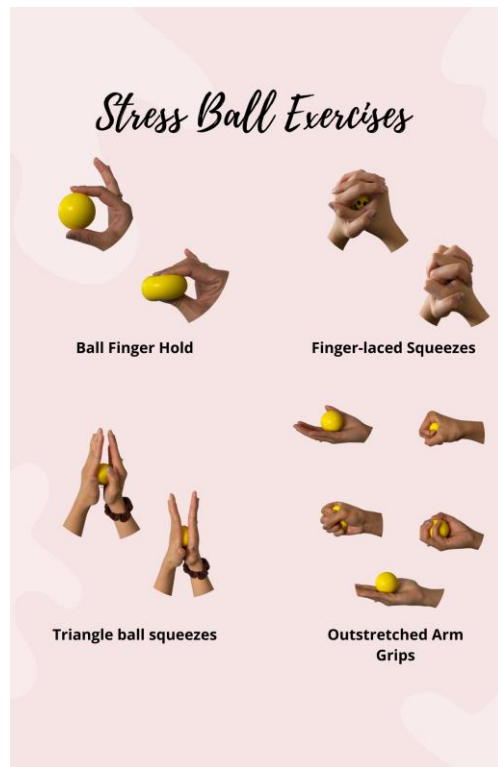
f. Powerpoint presentation (due March 2nd)			x	x	x	x	x			Aloe, Jordan
							x	x	x	Ashley
		x	x	x	x	x	x	x	x	Oliver
			x	x	x	x	x			Full Team activity (Lead: Ashley)
7. <b>Implementation</b> a. Develop project deliverable/s in coordination with the agency/site b. Present project to agency/site c. Submit all project deliverables to the agency and SPU				x	x	x	x	x	x	Full team activity (Lead: Aloera)
				x	x	x				Full team activity (Lead: Rhea)
				x	x	x			x	Full team activity (Lead: Rhea)
8. <b>Evaluation</b> a. Evaluate intervention and deliverables b. Evaluate sustainability c. Limitations							x	x	x	Full team activity (Lead: Oliver)
							x	x	x	Ashley
							x	x	x	Full team activity (Lead: Jordan)

B. Volunteer of Time:

Nurses:	Hourly rate of new grad nurses:	Weekly hours:	Weeks:	Total donated:
6	\$35	7	8	\$11,760

C. Deliverables:

I. Fliers with Guided Images



## II. Spotify Playlist, “Happy Mix SPU Nursing”

<https://open.spotify.com/playlist/11SQiN1w5iHBFi0u6GCNZm?si=2c6c4a07597f47f9>



## III. Mindfulness-Based Movement Script for Angeline’s Activity Coordinator

Mindfulness-Based Movement Script, Developed by Seattle Pacific University Nursing Students for Angeline’s Day Shelter for Women

Routine 1: Today we are going to be doing a mindful movement program. A large part of mindful movement is moving with your breath. We breathe in and out every day, but oftentimes we do not focus on our breathing. When we are intentionally breathing deeply, we are able to stretch and strengthen our muscles, check in with our bodies, change our mood, and decrease stress. During these exercises, I encourage you to keep breathing through every position. Remember to deeply inhale through your nose, and slowly exhale through your mouth. Though it can be difficult to pay such close attention to your breathing, being intentional about each breath and focusing on small movements of your body helps regulate your nervous system and stress hormones, helping you feel more at ease. As we begin moving today, please feel free to complete these stretches in a sitting or standing position. Choose whatever is most comfortable for you. You can follow along with the students who are demonstrating, or modify the stretches to make the movements your own. If you’re feeling any pain, please stop your movements and rest in a comfortable position. Remember to listen to your body and recognize what it needs.

### a. Chest Opener

- The first stretch that we will do is to help open your chest and aid in breathing. If you are able, ensure that your feet are flat on the ground. Start by opening your chest wide, and pull your shoulders backwards. At the same time, extend your head up as if you are trying to touch the ceiling with the top of your head. We will stay in this position for 4 breaths: 4, 3, 2, 1.
- Take a deep breath in, and relax your head as you exhale.

### b. Calf raises

- Next, we are doing calf raises. Place both feet on the floor and push up from the ball of your foot, lifting your heels off of the ground. Engage your calf muscles and lift as high as you can before lowering back to the ground. Focus on the way your body feels as you do so; remember to inhale as you lift off the ground and exhale as you lower back down.

- Let's lift up and down ten times. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- c. Ankle rotations
- Now we are going to do ankle rotations. If you are sitting down, put your weight onto your left foot and imagine drawing a circle clockwise in the air with your toes. Starting with your right foot, make 10 circles. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
  - Repeat on the left foot. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- d. Knee to chest and knee to chest seated.
- Now we are going to do a knee-to-chest movement. While we are doing this, please remember that you can do these movements to your comfort, if you feel any pain, please free to follow our breathing. We will start by lifting our right leg, bending the knee, and holding onto the calf while pulling towards the stomach. You can hold on to something while you are balancing.
  - During this move, you may feel a stretch towards the front of your hips. Engage your core and keep your hips strong while you pull towards your stomach.
  - Inhale slowly through your nose, and exhale out your mouth as you move your right leg to the ground.
  - Inhale as you bring your left leg up to your stomach and exhale as you hold the position.
    - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- e. Touch your toes
- If you are sitting, place your hands on your knees to start. If you are standing, place your hands by your sides. Take a deep breath in and exhale slowly, as you exhale and bend forward to reach for your toes. Go as far as you can. Breath deeply for a few seconds just holding this position, you should feel the stretch in the back of your legs. Inhale deeply and as you exhale slowly, roll back up into a standing position. As you extend back up, feel like stretching in your back and the way you feel as you stand upright. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- f. Twisting stretch
- Now join us in a twisting stretch. If you are sitting in a chair, reach your right arm across your body and grab onto your left thigh. Then, use your left hand to push on the back of the chair and slowly turn your head to look behind you.
  - If you are standing, put your hands on your hips, rotate your chest, and look behind your left shoulder.
  - Hold this twist for 15 seconds and then return to center. Now, let's repeat this twist on the opposite side. 5, 4, 3, 2, 1.
  -

- g. Chest Opener
- Next, we are moving to the chest opening stretch. Lift your arms up out and back, moving as if you are to make a T shape with your arms. Move your arms back and forth every count of the exercise. It can help to contract your shoulder blades to open your chest.
  - Now we will do this 10 times. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- h. Same Side toe touches.
- Now, we're going to continue stretching our sides. Widen your stance, by spreading your legs apart outwards and to the side, and reach for your right toe with your right hand. Inhale as you reach for your toe, and exhale as you return to an upright position.
  - Now, reach for your left toe with your left hand. Remember to inhale and exhale deeply.
  - Lets do this five times 5, 4, 3, 2, 1.
- i. Side to side arms stretch
- Now, straighten from your core and raise your arms above your head and then lean to one side. Hold that position and follow along as we take breaths. If you cannot raise your arms above your head, you can put your arms in the shape of a T and shift from side to side. Make sure to keep your hips in the same spot and shift with your spine. Lets do this 5 times 5, 4, 3, 2, 1.
- j. Neck stretch
- Now sit/stand up straight, slowly lower your chin to your chest. Breathe deeply. Each breath lets your head fall deeper into the chest and feel the stretch along your neck/back. Let's stay in this position for 8 deep breaths. 8, 7, 6, 5, 4, 3, 2, 1.
- k. Side neck stretch
- Sit/stand straight as before, slowly lower ear to shoulder, lower opposite shoulder and breathe deeply. Repeat the opposite side. We will do this for 30 seconds on each side.
- l. Deep breathing
- The last movement that we will be performing will focus on our deep breathing. Get in a comfortable position - if you are standing, you can rest your hands by your sides, and if you are sitting, you can rest your hands on your thigh. Be comfortable, close your eyes and inhale slowly through your nose. As you inhale, focus on the sensations that you feel; the warmth of your clothes, the feeling of the ground beneath you. Hold that breath for three seconds.

- Exhale out your mouth slowly, once again focusing on the way you feel. Try to relax your muscles as you exhale. As you let go of your breath, allow your body to feel relaxed.
  - Now, follow us along with our five breaths
- m. Closing
- Thank you all for participating in the routine this morning! We hope we got your blood moving and muscles activated. We challenge you all to utilize some of these exercises again on your own. Movement is very important for the prevention of blood clots, improving circulation, improving mood, and reducing stress. Even if it is for only a few minutes, anything can help. Thank you, have a great rest of our day!

Routine 2: Good morning everyone! Today's routine is more focused on movement and mechanics. It is very important to exercise your joints and muscles in order to keep them healthy. By doing some of these simple exercises we are promoting blood flow, increasing strength, reducing risk of blood clots, reducing chances of injury, and promoting good mobility. Follow along as best you can. Remember you can use exercises like these on your own as well to keep your mind and body healthy. With each exercise we the instructors will demonstrate first and then you can follow along. Remember to take it at your own pace and listen to your body, please do not continue if something is hurting.

- a. First we will begin with a deep breathing exercise. Start by opening your chest wide, pulling your shoulders backward. At the same time extend your head up as if you are trying to touch the ceiling with your head. Breathe deeply in through your nose and out through your mouth. We will stay in this position for 8 breaths: 8, 7, 6, 5, 4, 3, 2, 1.
- b. Good Mornings
- If you are sitting, put your hands on your knees. If you are standing, put your hands on your hips. Take a deep breath in through your nose. As you exhale, bend at the hips bringing your upper body down toward your feet. Keep your upper body straight the whole time, go as far down as you can. Once you get to the bottom, take a deep breath in. As you exhale, slowly bring your upper body back upright.
  - Perform this exercise 5 times, remember inhale and exhale 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
- c. Marches
- If you are sitting, place your hands on your knees. If you are standing, place your hands on your hips. Keeping your back straight, bring your right leg up as high as you can with the knee bent. Hold for about a second, then lower back down. Do the same thing with the left leg, hold for a second, then lower back down (if you have trouble balancing, bring your arms outward or hold/lean on to something).
  - Perform this exercise 5 times remember inhale and exhale 10, 9, 8, 7, 6, 5, 4, 3, 2, 1



- d. Arm and Leg extension
  - If you are sitting, place your hands on your knees. If you are standing, lower your arms by your sides. With your back straight, raise your right leg up with the knee extended and point your toe toward the ceiling. At the same time, extend your left arm forward. Hold this position for a second, then lower your arm and leg at the same time. Repeat this for the opposite arm and leg.
  - Perform this exercise 5 times remember inhale and exhale, 5, 4, 3, 2, 1
- e. Leg abduction
  - If you are sitting, place your hands on your knees. If you are standing, lower your arms by your sides. If you are standing, with your right leg straight, raise it to the side. You should feel the outside of your hip flex. If you are sitting, extend your right leg and turn it outward while keeping your body and left leg facing forward. Hold position for a second then return to normal. Do the same thing with the opposite leg.
  - Perform this exercise 5 times remember inhale and exhale. 5, 4, 3, 2, 1
- f. Cross leg movement
  - If you are sitting, place your hands on your thighs. If you are standing, lower your arms by your sides. If you are standing, with your right leg straight bring it across your left leg, try to feel your groin muscle flex. If you are sitting, bring your right leg across your left and rest your right ankle on your left knee. Hold this position for a second then return to normal. Do the same thing on the opposite leg
  - Perform this exercise 5 times remember inhale and exhale 5, 4, 3, 2, 1
- g. Arm and leg opener
  - Place your hands behind your head (for both sitting and standing) with your elbows pointing forward. Bring your right leg up like we did with the march exercise. Turn your knee towards your right while your right arm turns outside at the same time. Keep your chest and opposite elbow facing forward. Hold this position for a second then return to normal. Do the same thing with the opposite arm and leg.
  - Perform this exercise 5 times remember inhale and exhale 5, 4, 3, 2, 1
- h. Body weight squat
  - Place hands on your hips (both sitting and standing)For those who are sitting, lean forward at the hips slightly and flex your thighs and butt. Keep your back straight, and push your body into a standing position. Hold this position for a second then return to normal. For those who are standing, keep your back straight and bend at the hips and knees. Drop your butt straight down as far as you can. Try to squeeze your butt and thighs.
  - Perform this exercise 5 times remember inhale and exhale, 5, 4, 3, 2, 1
- i. Arm circles
  - Start with your arms extended outward. Start rotating your arms forward, keep them straight and feel your shoulder muscles flexing.
  - Perform this exercise for approximately 20 seconds.

- Remember inhale and exhale
  - In the same position as before, bring your arms up and down, flapping like a bird. You should feel your shoulder muscles flex in this exercise.
  - Perform this exercise for approximately 20 seconds....and relax
- j. Touch your toes
- If you are sitting, place your hands on your knees to start, extend your legs forward. If you are standing, place your hands by your sides. Take a deep breath in and exhale slowly, as you exhale lean forward to touch your toes. Go as far as you can. Breath deeply for a few seconds just holding this position, you should feel the stretch in the back of your legs. Inhale deeply and exhale slowly, as you exhale return to your starting position.
  - Perform this exercise 5 times, remember to inhale and exhale.5, 4, 3, 2, 1
- k. Deep breathing
- Now with your arms on your knees or by your sides, close your eyes, take a deep breath in through your nose. Exhale through your mouth. Allow your body to relax as much as it can. Focus on releasing tension and expanding your chest as much as you can with each breath
  - Perform this exercise 5 times 5, 4, 3, 2, 1
- l. Closing
- Thank you all for participating in our routine this morning! We hope we got your blood moving and muscles activated. We challenge you all to utilize some of these exercises again on your own. Movement is very important for the prevention of blood clots, improving circulation, improving mood, and reducing stress. Even if it is for only a few minutes, anything can help. Thank you, have a great rest of our day!