

## Psychiatric Nursing 2025

### Nursing Therapy Group

**Directions:** Please answer the following questions, typing your response in the space provided. This document is due in the Dropbox labeled **Nursing Therapy Group** by **Monday at 0800** the week you are scheduled to lead a nursing therapy group.

1. What activity will you be leading during your assigned nursing therapy group? Give a **detailed outline** of your activity, and explain how you plan on running your nursing therapy group.

I will lead a chair yoga session with five seated stretches and breathing exercises. I will explain and demonstrate each pose while encouraging the patients to participate at their own pace. I will also play calm music or sounds to provide a relaxing environment.

2. What is the purpose of your nursing therapy group activity?

The purpose of this group therapy is to reduce anxiety, improve mood, and promote relaxation through light physical activity and mindful breathing. This also provides a way for the patient to reconnect with their body.

3. How will this activity benefit the clients in the milieu?

Chair yoga can decrease tension, support emotional regulation, and improve body awareness. It also encourages mindfulness and a sense of calm in a group setting.

4. Describe the anticipated level of participation, cognitive level and affect of clients in the milieu after completion of the nursing therapy group activity (what you expect to happen)?

Most of the patients will likely be able to follow the simple instructions and participate at some level. After completing the therapy group I expect the patients to have a more relaxed mood, reduce anxiety, and a positive shift in group energy.