

HEALING THE HEALERS

Center to Provide Transcendental Meditation to Healthcare Heroes on the Frontlines

The Transcendental Meditation® technique is an effective, scientifically documented tool for addressing professional burnout and enhancing psychological and emotional resilience. More than 400 peer-reviewed published studies on TM® have documented improvements in a broad spectrum of stress-related disorders, as well as improving overall health and well-being. TM has been adopted in numerous healthcare provider wellness programs as a stand-alone approach or as an adjuvant therapy to make existing programs more effective. (See the accompanying brochure, "Healthcare Provider Wellness Program," for more information about applications of TM for provider wellness.)

New National Initiative

The David Lynch Foundation's Center for Health and Wellness has launched a critical new national initiative, "Healing the Healers: Offering Evidence-Based Meditation to Healthcare Heroes on the Frontlines," to address the acute anxiety, depression, insomnia, and post-traumatic stress disorder among healthcare providers who are actively working on the frontlines with the current COVID-19 crisis. The initiative will roll out over a 120-day period with an initial focus on New York, Washington, DC, Chicago, and Los Angeles. The initiative will provide instruction in the TM technique and ongoing support for providers and their family members as they navigate this intensely challenging, traumatic period.

Features of Phase I of the initiative include:

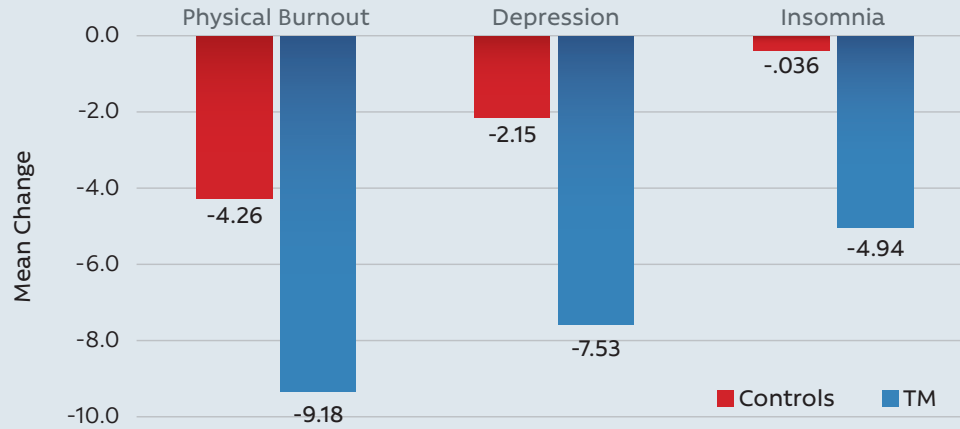
- **Instruction in TM for 1,000 healthcare providers and their families** in New York, Los Angeles, Chicago, and Washington, DC (4,000 total), as well as comprehensive follow-up support for the first year after instruction
- **Creation of a \$2 million fund** to support the initiative
- **Providing regular meditation support** for all providers (and family members) through remote/digital technology
- **Partnerships with local hospitals, clinics, and medical and nursing schools** to make the TM program available for their providers

A detailed financial analysis of "Healthcare Heroes on the Frontlines" is attached.



Reduced Physician Burnout

A 4-Month Randomized Controlled Trial with Faculty Physicians at Loyola Stritch Medical School, Chicago



TM decreases depression, stress, and burnout in physicians

Loiselle M, et al. Effect of Transcendental Meditation on Physician Burnout, Depression, and Insomnia: A Randomized Controlled Study. In preparation for publication, 2020.

Reduced Post-Traumatic Stress Symptoms

A 3-Month Trial with Emergency Medicine Physicians at Weill Cornell Medical Center-New York Presbyterian Hospital

