Leveraging Muse meditation technology is an innovative way to promote well-being and address compassion fatigue. Engaging in meditation can decrease stress and promote personal and professional development. When staff quiet their mind, they are more present in their work. When staff are resilient it helps them provide a higher quality of trauma-informed services to individuals and families. Trauma-informed care and staff well-being are complimentary goals and high organizational priorities.

**INNOVATION**
In the first organizational intervention of its kind

**100%**
of staff said they learned at least one new skill, attitude, or idea

**STAFF**
said they would recommend the 10-week course to colleagues

**92%**
"I wish that I could give to others what this experience has given to me." - Dr. Carl Clark

**PROGRESS**
Compassion satisfaction scale increased on average

ProQoL
Burnout and secondary traumatic stress scales decreased between the pre- and post-measures

**ALL IT TAKES**
"...even one minute to focus on breathing will help process stress"

**1 Minute**
"Any meditation is helpful and less can be more."
- Staff participants

Questions? Email us at: meditation@mhcd.org