**Introduction**

The intensity and rigor of nursing school has been reported to cause 30.2% of students high levels of stress, and 82.4% of students moderate stress. Based on these statistics, we aimed to look at educating first year nursing students on coping mechanisms to help manage this stress.

**PICO Question**

Among undergraduate nursing students in a BSN program, how does education on coping skills for stress and anxiety in nursing school versus no education affect their knowledge on coping skills?

**Literature Search**

**Databases:** CINAHL, Google Scholar, & Pubmed

**Keywords:** Nursing Students, Stress, Anxiety, Coping Mechanisms, Relief

**Search Limits:** Full-Linked Text, Article Within Past 7 Years, English Language, Peer-reviewed Articles

Total of 20 articles found and used from this literature search.

**Current Evidence**

**Music Therapies:**

"Students reported statistically significant lowered levels of anxiety and lowered blood pressure when music was played during their first examination, compared to music not being played" (Eyikara et al., 2019).

**Physical Activity:**

It was found that "even low/moderate daily activity was associated with significantly lower stress levels" in college aged students (Schultchen et al., 2019). Physical activity was proven to reduce daily stress levels of students in college. This can be something as simple as taking a walk around campus as a study break in order to reduce the overall stress levels that come with being a student in college.

**Mindfulness, Meditation, Aromatherapy:**

"Results of this study showed that a "group mindfulness-based cognitive therapy program conducted with nursing students had an effect on students’ mindful attention awareness and stress levels" (Yüksel & Yilmaz, 2019, p. 7).

**Education Plan & Implementation**

**Population educated:** A freshman nursing class of 40 students

**Overall purpose:** To educate first-year Bachelor’s of Science in Nursing students about stress and anxiety and coping skills to use throughout school.

**Implementation of education:**

- What is stress and anxiety in nursing school
- Positive/Negative coping skills
- What are the benefits of proper stress and anxiety management
- Resources for students

Pre/Post test to evaluate education

**Findings & Feedback**

- 94.6% of students stated their stress and anxiety levels have increased since starting nursing school
- Before the educational presentation, 26.1% of students felt “informed” and 0% of students felt “very informed” on stress and anxiety management in nursing school
- The post-survey after the education was implemented showed 60% of students felt “informed” and 40% of students felt “very informed” on stress and anxiety management
- Post education, 73% of students were able to identify at least one of the main coping skills presented

**Lessons Learned**

- Education on stress and anxiety
- Education on coping skills
- Mindfulness, physical activity, nutrition, music therapy, and mentorship

**Examples:**

- Music before exams
- Mindfulness before exams
- Campus green space and walking paths
- College mentorship programs
- Present to a larger population
- Multiple first-year classes
- Multiple grade levels (1st-4th year)
- Present to 1st year students and reevaluate in their 4th year
- Equal amount of pre and post surveys
- Decrease researcher subjective interpretation
- Decrease number of extended responses; more select all with extended response

**References**
