



Reduce stress and anxiety  
Enhance focus and competency  
Increase energy and stamina  
Improve health and slow aging

## How to Learn

More than six million people worldwide have taken the Transcendental Meditation course. The TM technique is learned in 7 easy steps. Afterward, a free lifetime follow-up program is available to ensure maximum benefit.

## Course Instructors

All certified teachers of the Transcendental Meditation program have successfully completed the five-month in-residence Transcendental Meditation Teacher Training Course, plus annual updates and refreshers.



AMERICAN  
Holistic  
Nurses  
ASSOCIATION  
Endorsed Program

This program has been peer reviewed  
and is endorsed by the  
American Holistic Nurses Association

## FOR MORE INFORMATION

[www.tm-women.org/nurses](http://www.tm-women.org/nurses)

(800) 635-7173

[nurses@tm-women.org](mailto:nurses@tm-women.org)

[www.facebook.com/TMNurses](https://www.facebook.com/TMNurses)

American College of Nurse Midwives (ACNM) has also approved the TM course for 1.2 CEU (12 contact hours) of continuing education for CNM and CM.

## The most scientifically verified program to reduce stress and increase achievement and happiness

## 600 Scientific Research Studies

Scientists at over 250 research institutions and universities, including Harvard, Yale, and UCLA Medical School, have conducted over 600 research studies on the TM technique, finding practical benefits that are significant for all fields of life. To date, 360 of these studies have been published in leading peer-reviewed scientific journals.

In 2013, an AHA scientific statement reported the finding that lower blood pressure through Transcendental Meditation practice is associated with substantially reduced rates of heart attack and stroke.

Reference: Brook RD et al., *Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure. A Scientific Statement from the American Heart Association*. Hypertension, 61:00, April 2013.

Research published, funded, or presented by:



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## Transcendental Meditation® for Nurses

Developing Capacity for  
Improved Judgment, Decision  
Making and Resilience under Stress



This course is approved for  
Continuing Education for  
Nurses by AHNA

American Holistic Nurses Association  
(AHNA), an accredited approver  
by the American Nurses  
Credentialing Center's Commission  
on Accreditation.

23 Contact Hours

[www.tm-women.org](http://www.tm-women.org)

## Preventing and Reversing Nurse Burnout



The nursing profession attracts individuals who are strong and supportive and who want to make a difference in people's lives. Because of this heartfelt dedication nurses tend to overextend themselves. Statistics show that over 40% of hospital staff nurses experience nurse burnout. The effects include:

- Increased physical and emotional imbalances
- Increased absenteeism
- Increased errors in decision making and routine tasks
- Decreased ability to work with colleagues and supervisors
- Decreased quality of patient care

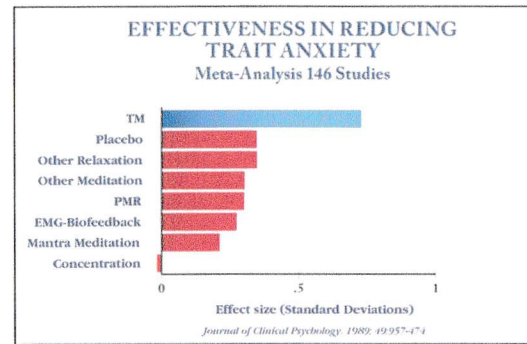
## Transcendental Meditation provides a solution

Among many benefits, practice of the Transcendental Meditation technique:

- Provides deep rest and reduces stress
- Increases energy and stamina and slows aging
- Decreases anxiety and depression
- Improves sleep
- Reduces HTN and rates of heart attack and stroke
- Improves communication and leadership skills
- Increases job satisfaction and career success

## The TM<sup>®</sup> Experience

The TM technique is practiced for 20 minutes twice daily while sitting comfortably with eyes closed. The mind effortlessly settles down to quieter levels of thought—a state of inner coherence and calm. The body correspondingly settles down to a state of deep rest. One feels profound physical relaxation and yet the mind remains restfully alert. This experience of inner fullness is the basis of great vitality and achievement.



## How TM Differs from Other Meditations

The TM technique is unique among meditation techniques, distinguished by its simplicity and profound, immediate results.

TM is:

- **effortless, natural and simple**
- **has a holistic range of scientifically validated benefits**
- **is standardized, systematic, yet a personalized program of instruction**

The TM technique requires no effort or concentration, both of which keep the mind from settling down. Scientific research findings show significant benefits such as orderly brain function and heart health that are unique to the TM practice.

## What Nurses say:

### Amy Ruff BSN RN WOCN

"Nursing requires compassion, dedication, and patient advocacy. As a nurse practicing the TM technique, I found that deep stresses and fatigue are eliminated, making it easy for me to give the best care to my patients and their families. The TM practice only takes 20 minutes twice a day—a small investment of time for a lifetime of reward."

### Ann Rose Dichov MSN RN

"Even after my first experience of Transcendental Meditation, I felt more grounded in my body and calmer than ever before. In my first year of doing TM practice, the benefits helped me tremendously through rapid changes in my nursing career. TM uniquely establishes me in my inner self, enabling me to move through the world in a kinder, more just, more compassionate, and integrated way. I manage the external chaos much more easily. I am most grateful that TM is part of my daily life!"

### Jacqueline Lopez Gregory PhD-C MSN RN FPN

"As a trauma nurse for over twenty years, I have experienced many medical emergencies. Before I learned the TM technique, the effects of these stressful experiences could sometimes last for days. When I began my PhD program, the added stress—on top of all my other responsibilities—was almost overwhelming."

"None of the stress-coping methods I'd practiced throughout my professional career were adequate. However, since learning TM, I've noticed that I am focused and calm during emergencies and am able to resume work without residual stress. The TM program has improved my memory and learning ability and enabled me to succeed as a mother, trauma nurse, PhD student, and researcher."