

IHED 641 WW CAPSTONE
Health Education Lesson Plan #1
Zen Zoom Session 1: “Feng Shui for the Home Office”

Descriptive Information:

Skill Emphasis: Stress reducing behaviors

Knowledge Level: Adults with none to beginning knowledge level

Modality: Feng Shui

Content Descriptor & Sub-Descriptor(s) (*list/bullet what content will be covered in this lesson*):

- 1) Introduction
- 2) Lesson
- 3) Activity
- 4) Conclusion

Title of Lesson: “Feng Shui for the Home Office”

Curricular Connections (*other topics this lesson connects to*): Lesson Plan #2, also based on TCM and 5 Elements

Health Behavior Targeting: stress reduction through establishment of flow (Qi) in the home office

Teaching With the End in Mind:

At the end of this lesson, participants will be able to identify auspicious placement of furniture and objects in the home office.

Key Concept(s) to be Covered in Today’s Lesson: (*list/bullet key concepts*)

- Philosophy of Feng Shui
- Flow of Qi
- Five Elements
- Key concepts for home office
 - 1) Dedicated room (or space)
 - 2) Command position for desk
 - 3) Solid, rectangular desk (not glass)
 - 4) Solid chair with good back support
 - 5) Introduce water and earth elements
 - 6) Artwork with inspiring/positive images
 - 7) Avoid clutter

Objective(s):

At the end of this session, participants will be able to:

- 1) Identify the key principles of Feng Shui.

- 2) Understand the benefits of Feng Shui.
- 3) Examine their workspace and determine what changes can be made to enhance the flow of Qi.
- 4) Place their furniture in the most auspicious spot.
- 5) Add specific objects to represent the Five Elements.
- 6) Incorporate the best colors to enhance the flow of Qi.
- 7) Eliminate inauspicious objects and/or art.

Introduction to the Lesson:

Zen Zoom will start at 12 PM Noon EST. Wellness Program Manager will facilitate the session. The topic will be explained and guest expert introduced. The audience will be engaged in the intro with a discussion of the Wellness Box. Each participant will have received a care package in advance of the Zen Zoom with contents to tie into the lesson. Wellness Box #1 includes: *Feng Shui: The Art of Living* mini book, Antedotum Elixir Firming Serum (9 ml), Antedotum Vital Face Oil (9 ml), and three Good Pharma tea packettes.

This lesson employs the experiential theory of learning. This is a modality whereby students “learn by doing” and then reflect on the experience. (BU, 2002) The participant in this session will be engaged in three steps:

- KNOWLEDGE- provide overview of Feng Shui including concept of Qi (flow) and the 5 Elements of TCM
- ACTIVITY- conduct virtual home office makeover using photos provided on Zoom
- REFLECTION- discussion of makeovers and takeaways from lesson

Content Outline:

- 1) **Greetings** – (5 minutes) Wellness Program manager will facilitate Zen Zoom Session. It will begin with a warm welcome allowing for all participants to log on to Zoom. Brief discussion of the Wellness Box will serve as ice breaker providing all participants an opportunity to speak.
- 2) **Introduction** - (5 minutes) Slide show presentation hosted by Wellness Program Manager will include reason Feng Shui is topic and how it can be used to reduce stress, brief overview of Feng Shui, the concept of Qi, and the Five Elements.
- 3) **Lesson** – (10 minutes) Guest expert will explain how principles of Feng Shui may be applied to home office and provide specific tips.
- 4) **Activity** – (20 minutes) Using photos of home offices participants will collaborate on making suggestions for changes to improve flow and function of each room.
- 5) **Conclusion** – (5 minutes) Wellness Program Manager will review key concepts of lesson and each participant will share their takeaways.

Learning Activity(ies):

- 1) Photos of home offices will be posted on slide show. Together participants will determine what changes the room needs in order to create optimum flow of Qi using principles learned in the lesson.

2) Participants will take photos of their own home office and on their own time (after Zen Zoom) and submit “before and after photos” to Wellness Manager.

Final Thoughts/Conclusion to the Lesson: *(how you will conclude the lesson)*

The lesson will conclude with a reflection. Each participant will be asked by facilitator to share with the group their biggest takeaway from the lesson.

Assessment:

Participants' understanding of the material will be assessed with the following methods:

- 1) Makeover activity during the Zen Session – facilitated and assessed by Wellness Program Manager and Guest Expert
- 2) Survey after the Zen Zoom – upon completion of the session a short 5-question survey via Survey Monkey will be sent to the participants; response to survey is required for participants to get points toward their paid Wellness Day off
- 3) Homework – participants can turn in before and after photos of their own home office Feng Shui makeover to Wellness Program Manager

Scoring Rubric for Assessment:

Scoring Rubric

100 points possible

50 points- Participating in Zen Zoom

25 points- Responding to Survey

25 points- Feedback and informal weekly stress journal follow up.

Classroom Materials & Management:

The classroom will be virtual, conducted via Zoom. There will be a shared visual presentation (PDF attached). The Wellness Program Manager will allocate time to each segment to stay on schedule. The entire Zen Zoom will take 45 minutes. In advance of the Zen Zoom each participant was shipped a wellness box. This will be referenced at the start of the session.

Resources: (books, websites etc.)

Boston University website

Forbes website

Healthline website

Indiana University website

Simmons, Rosalind. *Feng Shui: The Art of Living*. White Plains, NY: Peter Pauper Press.

References:

Cho, A. (2020). Feng Shui for your work from home space. *The Spruce.com*. <https://www.thespruce.com/work-from-home-feng-shui-5083122#:~:text=%20Feng%20Shui%20For%20Your%20Work%20From%20Home,desk.%20Heavy%20objects%20and%20square%20shapes...%20More%20>

Gold, J (2020). Feng Shui's potential health benefits. *Forbes.com*.
<https://www.forbes.com/sites/jamiegold/2020/05/19/feng-shuis-potential-health-benefits/?sh=491186b61d68>

Kolb, D. A. (1984). Experiential learning: Experience as the source of learning and development. Englewood Cliffs, NJ: Prentice-Hall. <https://www.bu.edu/ctl/guides/experiential-learning/#:~:text=Experiential%20learning%20is%20an%20engaged,by%20reflecting%20on%20the%20experience,&text=Opportunities%20for%20students%20to%20engage,emotionally%2C%20socially%2C%20or%20physically>

Indiana University. (2006). Experiential learning on Indiana official transcripts. <http://registrar.iupui.edu/experiential-learning-html>

Marks, J. (2019). Feng Shui Tips for your office. *Healthline.com*. <https://www.healthline.com/health/feng-shui-tips-for-your-office#:~:text=Feng%20Shui%20Tips%20for%20Your%20Office.%201%20Place,plant%20elements.%205%20Hang%20artwork.%20More%20items>

Zen Zoom Session 2: “Acupressure for Relaxation”

Descriptive Information:

Skill Emphasis: Stress reducing behaviors

Knowledge Level: Adults with none to beginning knowledge level

Modality: Acupressure & Gua Sha

Content Descriptor & Sub-Descriptor(s):

- 1) Introduction
- 2) Lesson
- 3) Activity
- 4) Conclusion

Title of Lesson: “Acupressure for Relaxation”

Curricular Connections: Lesson Plan #1, also based on TCM and 5 Elements

Health Behavior Targeting: stress reduction using acupressure techniques with *gua sha* stone

Teaching With the End in Mind:

At the end of this lesson, participants will be able to self-treat using acupressure and *gua sha* techniques to promote relaxation and reduce stress and tension.

Key Concept(s) to be Covered in Today's Lesson:

- Overview of Traditional Chinese Medicine (TCM) concept of Qi
- Acupressure benefits
- *Gua sha* techniques and benefits
- HPA axis and stress

Objective(s):

At the end of this session, participants will be able to:

- 1) Identify the key principles of Qi
- 2) Identify key areas of their body where they hold their tension
- 3) Assess key acupressure points to address tension, boost immune system, support clear thinking and reduce anxiety.
- 4) Perform Self-Acupressure treatment
- 5) Perform Self -*Gua Sha* treatment using stone

Introduction to the Lesson:

Zen Zoom will start at 12 PM Noon EST. Wellness Program Manager will facilitate the session. The topic will be explained and guest expert introduced. The audience will be engaged in the intro with a discussion of the Wellness Box. Each participant will have received a care package in advance of the Zen Zoom with contents to tie into the lesson. Wellness Box #2 includes: *Gua sha* stone in jade, a lab sample of Antedotum Body Releif Salve, and three Good Pharma tea packettes.

This lesson employs the experiential theory of learning. This is a modality whereby students “learn by doing” and then reflect on the experience. (BU, 2002) The participant in this session will be engaged in three steps:

- KNOWLEDGE- provide overview of Acupressure including concept of Qi (flow) and the Acupressure points
- ACTIVITY- virtual instructions on self-treatment of acupressure
- REFLECTION- 1-2 paragraph reflection after self-treatment

Content Outline:

- 1) **Greetings** – (5 minutes) Wellness Program manager will facilitate Zen Zoom Session. It will begin with a warm welcome allowing for all participants to log on to Zoom. Brief discussion of the Wellness Box will serve as ice breaker providing all participants an opportunity to speak.
- 2) **Introduction** - (5 minutes) Slide show presented by Wellness Program Manager will address rationale for Acupressure and how it can be used to reduce stress, brief overview of Acupressure points and the HPA axis.
- 3) **Lesson** – (10 minutes) Guest Expert will provide instruction on how to utilize the *gua sha* stone.
- 4) **Activity** – (20 minutes) Guest Expert will lead the participants in a self-care acupressure treatment.
- 5) **Conclusion** – (5 minutes) Wellness Program Manager will review key concepts of lesson and each participant will share their takeaways.

Learning Activity(ies):

- 1) A brief body scan meditation will be guided by expert to identify and bring self-awareness to each participant's area(s) of tension.
- 2) Attendees will receive a *Gua Sha* tool in their wellness box to use in guided self-treatment exercises along tension areas and targeted meridians.
- 3) Photos of acupressure points will be utilized to assist in point location for guided acupressure self-treatment targeted to relieve tension and enhance immune system function. (Mehta, et al., 2017)
- 4) Graphs and slides will illustrate the concept of acupressure effects on the HPA axis and how it promotes release of endorphins, cortisol and serotonin. (Honda, 2012; Mehta, et al., 2017)

Final Thoughts/Conclusion to the Lesson:

The lesson will conclude with a reflection. Each participant will be asked by facilitator to share with the group their biggest takeaway from the lesson.

Assessment:

Participants' understanding of the material will be assessed with the following methods:

- 1) Acupressure activity during the Zen Session – facilitated and assessed by Wellness Program Manager and Guest Expert
- 2) Survey after the Zen Zoom – upon completion of the session a short 5-question survey via Survey Monkey will be sent to the participants; response to survey is required for participants to get points toward their paid Wellness Day off
- 3) Homework – self-treatment for one week followed by a 1-2 paragraph Reflection on the perceived results.

Scoring Rubric for Assessment:

Scoring Rubric

100 points possible

50 points- Participating in Zen Zoom

25 points- Responding to Survey

25 points- Email a Reflection to Wellness Program Manager after one week of self-treatment.

Classroom Materials & Management:

The classroom will be virtual, conducted via Zoom. There will be a shared visual presentation (PDF attached). The Wellness Program Manager will allocate time to each segment to stay on schedule. The entire Zen Zoom will take 45 minutes. In advance of the Zen Zoom each participant was shipped a wellness box. This will be referenced at the start of the session.

Resources: (books, websites etc.)

Gua Sha stone

Boston University website

Indiana University website

National Institutes of Health (NIH) website

Spineuniverse website

Vogue India website

References:

Kolb, D. A. (1984). Experiential learning: Experience as the source of learning and development. Englewood Cliffs, NJ: Prentice-Hall. <https://www.bu.edu/ctl/guides/experiential-learning/#:~:text=Experiential%20learning%20is%20an%20engaged,by%20reflecting%20on%20the%20experience.&text=Opportunities%20for%20students%20to%20engage,emotionally%2C%20socially%2C%20or%20physically>

Haid, R.W. (2021). Acupressure: A Safe Alternative Therapy. Spineuniverse.com.
<https://www.spineuniverse.com/treatments/alternative/acupressure-safe-alternative-therapy>

Honda, Y., Tsuda, A., and Horiuchi, S. (2012). Effect of a four-week self-administered acupressure intervention on perceived stress over the past month. *Open Journal of Medical Psychology*.
https://www.scirp.org/pdf/OJMP2012030003_75152097.pdf

Indiana University. (2006). Experiential learning on Indiana official transcripts. <http://registrar.iupui.edu/experiential-learning-html>

Mehta, P., Dahpte, V., Kadam, S., and Dahpte, V. (2017) Contemporary acupressure therapy: Adroit cure for painless recovery of therapeutic ailments. *J Tradit Complement Med.* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5388088/>

Sachar, A. (2019). Benefits of acupressure: How this traditional therapy can improve your health. *Vogue.in*.
<https://www.vogue.in/wellness/content/benefits-of-acupressure-for-health-pain-relief-stress-anxiety>