

Materials List for:

# ***Mindfulness in Motion (MIM): An Onsite Mindfulness Based Intervention (MBI) for Chronically High Stress Work Environments to Increase Resiliency and Work Engagement***

Maryanna Klatt<sup>1</sup>, Beth Steinberg<sup>2</sup>, Anne-Marie Duchemin<sup>3</sup>

<sup>1</sup>Department of Family Medicine, The Ohio State University College of Medicine

<sup>2</sup>Critical Care Nursing, Wexner Medical Center

<sup>3</sup>Department of Psychiatry, Stress, Trauma, and Resilience (STAR) Program, The Ohio State University College of Medicine

Correspondence to: Maryanna Klatt at [Maryanna.Klatt@osumc.edu](mailto:Maryanna.Klatt@osumc.edu)

URL: <https://www.jove.com/video/52359>

DOI: [doi:10.3791/52359](https://doi.org/10.3791/52359)

## Materials

This does not apply to this article as there are no materials
---

This does not apply to this article as there are no materials
---