

# Be Mindful and Stress Less!!



Looking for adult primary caregivers living with and caring for a child under the age of 18, diagnosed with autism spectrum disorder, to participate in research that seeks to help caregivers with stress management!

This research is being conducted by Rebecca Woodring, MSN, CRNP, FNP-c, a DNP student at Misericordia University and in conjunction with the Autism Collaborative Center of Excellence

If you qualify, you will be provided **FREE** mindfulness resources through a mobile app that can be easily accessed at any time of day, through your mobile device.

### You ARE eligible to participate if:

- you are an adult caregiver of a child under the age of 18 who has autism spectrum disorder
- you are concerned about the amount of stress you are taking on in your daily life
- you are able to read, speak and understand English
- you own a mobile device with internet access

### You are NOT eligible to participate if:

- you are caring for someone 18 years or older with autism
- do not care for and live with a child under the age of 18 who has autism spectrum disorder
- are unable to read, speak and understand English
- Do not have access or own a mobile device with text messaging and internet access that you can use 5 days a week for 5-10 minutes over a timeframe of 6 weeks.

The goal of this research is to help caregivers with stress management.

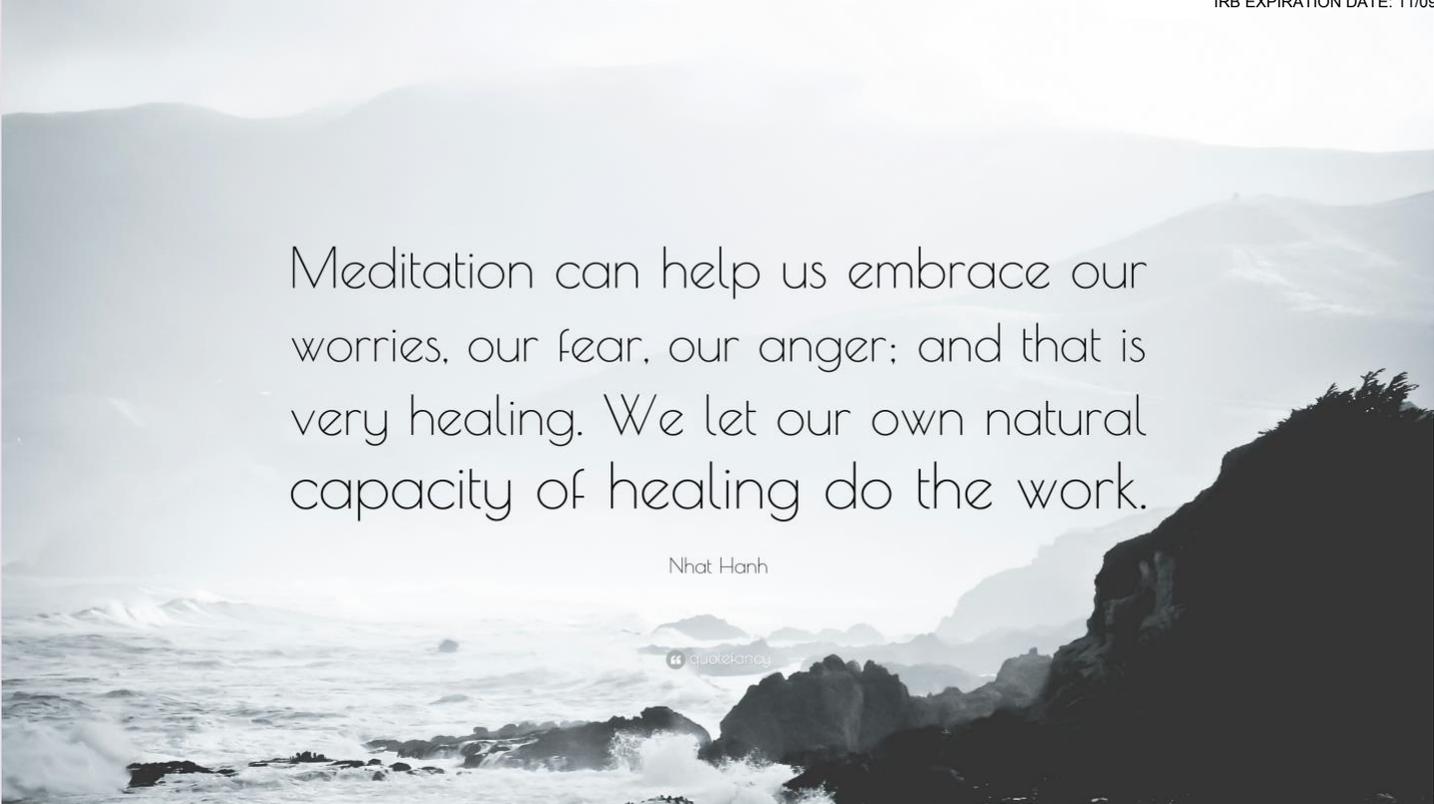
### Benefits of Joining the Program:

- You will have access to various free resources that can help reduce daily stress.
- You get to be part of research that can help benefit you and others.

All participants who **COMPLETE** the study, will be entered in a drawing to win a \$50 gift card to Amazon!!

Please reach out to the Principal Investigator Rebecca Woodring  
woodrinr@misericordia.edu or  
570-578-6199

\*Disclaimer- This research project does not substitute any current health treatment plans you may be on. Participants who may experience distress should contact their primary health professional for further support if needed



Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.

Nhat Hanh

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You are making an enormous difference in the life of your child. To make it happen, you need to practice self-care.