1.0 Envisioning The Story (Brief Scope & Sequence for Storyboard)			NOTES (Client/SME Roles)
Course Title	**Target Audience**	**Context/Setting**	**Please Write Below:**
● Practicing Mindfulness: Achieving An Ideal Work/Life Balance In Nursing	● Nursing staff - which includes registered nurses, nurse practitioners, and other healthcare professionals who are involved in nursing care.	● Nurses at this hospital should perform these actions throughout their serving shift.	
Target Key Performance Indicator (KPI)	**Learning Objectives; Performance Actions & Goals**	**Course Duration:**	
● The hospital's staff retention rate will increase by 10% in the upcoming 6 months as RNs will implement mindfulness strategies to successfully seek a work-life balance.	● Define the fundamentals of mindfulness. ● Classify the four types of boundary pushers in the workplace environment. ● Identify strategies and methods to practice mindfulness. ● Apply mindfulness strategies to workplace scenarios to seek work-life balance.	● 20 minutes - 30 minutes	

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1.1 Learning Objectives			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** "You will identify four types of boundary pushers in your workplace and integrate strategies and methods to practice mindfulness throughout your workday to manage [them]." [2] **OST:** In this course, you will explore the fundamentals of mindfulness. You will also identify four types of "boundary pushers" in your workplace and integrate strategies and methods to practice mindfulness throughout your workday to manage these "boundary pushers." At the end of this course, you will be provided with a hands-on workplace scenario to assess mastery of your use of this course's content - in your addition to your ability to successfully achieve that work/life balance! Here are the skills we are striving to demonstrate mastery of for today: [3] **OST:** 1. I can define the fundamentals of mindfulness. 2. I can classify the four types of boundary pushers in the workplace environment. 3. I can identify strategies and methods to practice mindfulness. ● 4I can apply mindfulness strategies to workplace scenarios to seek work-life balance. ***OST - On Screen Text**	[1] **IMAGE:** Outside of hospital in patient area; doctors talking, patients sitting down [2] **IMAGE:** Doctors talking inside of office space together	[1] **N/A:** User automatically jumps from Scene 1.1 to Scene 1.2	

1.2 Course Agenda			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Today's course will be broken up into seven, intentional "parts." The structure of this course will be as follows: [2] **OST:** Part 1: Learning Objectives & Course Agenda Part 2: Introduction To Mindfulness Part 3: Boundary Pushers in the Workplace Part 4: Methods to Practice Mindfulness Part 5: Let's Seek That Work/Life Balance! Part 6: Final Learning Assessment Part 7: Course Completion ***OST - On Screen Text**	[1] **IMAGE:** Organizational Chart	[1] **BUTTON:** Continue ● User jumps from Scene 1.2 to Scene 1.3 when pressed.	
1.3 Defining Mindfulness			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Imagine: It's a typical start to your lunch break on your shift at the hospital. You head to the break room hoping that you don't have to wait in line to use the microwave to warm your leftovers from last night's dinner. Once you enter the break room, you overhear two of your colleagues - nurses- from the Inpatient Unit talking in hushed tones. They're discussing the burnout they're experiencing from the amount of overtime they have been working lately. One of your colleagues expresses that they have recently	[1] **IMAGE:** Two coworkers discussing mindfulness in the workplace [2] **IMAGE:** Main Character Nurse/word bubble asking about mindfulness	[1] **N/A:** User automatically jumps from Scene 1.3 to Scene 1.4	

felt unable to spend quality time with their friends and has been finding themselves canceling plans more and more often to sleep or decompress on their phone. Your other colleague describes how they feel like their "to-do"list is never-ending and that they struggle to make room for self care. Although, your other colleague continues to recall how they have been making it a priority to practice more mindfulness - especially during their shift.

At this point, your leftovers are done warming up in the microwave and you exit the break room. When you leave, you can't help but think about the conversation you overheard. The points your colleagues made had resonated with you. Lately, you have been canceling plans with your family more than usual and have been finding yourself always tired - no matter how much you rest. You think about how unfortunate it is that your colleagues are also experiencing the same feelings. But, your mind repeats that word over and over again: mindfulness. You try to look up a few definitions online but can't quite grasp the concept. When your lunch break is done, you decide to approach a colleague you're close with and ask her if she has any idea what mindfulness means. She pauses, then simply responds:

"To have mindfulness means that we are able to have moment-by-moment awareness of our thoughts, feelings, and surrounding environment. We are basically paying attention to the present moment with intention but without judgment."

Throughout the rest of your shift, her response touches you. You begin to see how many moments there truly are throughout your workday where practicing mindfulness matters and wonder more about the true meaning of having mindfulness. ***OST - On Screen Text**			
1.4 The Fundamentals Of Mindfulness			**NOTES (Client/SME Roles)**
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** In the above scenario, we were able to define mindfulness - having moment-by-moment awareness of our thoughts, feelings, and surrounding environment by paying attention to the present moment with intention but without judgement. To have mindfulness means to slow down the many thoughts scrambling throughout your mind and to avoid the temptation of the many distractions pulling you into the future. Instead, you're focused on the here and now and are fully engaged in the present-day moments with your family, friends, colleagues, and patients. There are thousands of meanings and interpretations of demonstrating mindfulness. And, in reality, it's fair that each and every one of us has a different interpretation because each and every one of our interactions with mindfulness is a unique interaction. In spite of these differing	[1] **IMAGE:** Three flashcards appear with definitions/descriptions with three fundamentals of mindfulness	[1] **N/A:** User automatically jumps from Scene 1.4 to Scene 1.5	

meanings, there are three fundamentals of mindfulness that can offer us a more precise method of navigating the layers of awareness: ● Mindfulness of the Body ● Mindfulness of the Mind ● Mindfulness of Feelings ***OST - On Screen Text**			
1.5 Learning Checkpoint #1			**NOTES (Client/SME Roles)**
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** There are many pathways that you can leverage to offer yourself a more precise method of navigating the layers of mindfulness. You must be mindful of your body - not as one unit - but as many, unique units with individualized needs. This means the next time your stomach growls on your shift - don't ignore it! Instead, be conscious of how your body is communicating with you in the moment and don't hold off treating yourself to that panini. Additionally, you must also be mindful of your mind and its many differing parts. Assess the way each of your thoughts arise, remains present, and passes away. And, lastly, it is imperative that you are also mindful of your feelings. Like the body and mind, feelings can be subdivided into three different types - pleasant feelings, neutral feelings, and unpleasant feelings. Truly understanding the fundamentals of mindfulness will help you to better analyze patterns in the way you express certain mental,	[1] **IMAGE:** Each question appears in a Post-It Note	[1] **INTERACTIVITY:** Answers can be selected for each prompt. [2] **BUTTON:** Continue ● User jumps from Scene 1.5 to Scene 1.6 when pressed.	

physical, and thought processes and will be a key player in identifying your "boundary pushers" in the workplace.

[2] **OST:** Directions: Read the included scenarios. Then, complete the accompanying multiple choice questions by selecting their best, corresponding answer.

On your shift, your phone "pings!" - indicating that you have a new, unread email from work. You suddenly notice that your thoughts are scattered as you add reading this email to your "to do" list.

During your break at work, you overhear two of your coworkers gossiping about a coworker you are close with. You pause - you take a moment to realize you're furious and frustrated. Instead of raising your voice and hardening your tone, you directly ask your colleagues to stop their discussion or take it elsewhere.

Throughout your workday, you were assigned many patients to your unit. You were up on your feet tidying each room for hours straight. You didn't realize you hadn't taken the time to rest until your Supervisor approached you to suggest that you take a break and sit down. Once you sit, you notice how much your feet ache and your ankles are scratched. You're able to bandage up the backs of your ankles.

*OST - On Screen Text

1.6 Establishing and Envisioning Boundaries			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Again, let's imagine: It's the next day. You're passing by the nurse's station to file your patient's charted vitals. It's about lunchtime, and you were invited to eat with a couple of your other colleagues in the Inpatient Unit. In the nurse's station, you overhear one of your colleagues inviting a newer coworker to your lunch. The coworker quickly responds that she has to catch up on work emails and that she would make sure to accept the invitation next time around. You walk in and intervene alongside your colleague. You express that a break is almost necessary after the influx of patients all of you have seen across the unit. Your colleague reminds her that she always has time to respond to emails and to remember to keep boundaries for herself. For some reason, at your colleague's mention of the word "boundaries," her face lights up. She nods in agreement to grab lunch with both of you, and she asks you for your top food recommendations. Reflecting upon your interaction with your colleagues, you recall the way your coworker reacted to the use of the word boundary - the practice of openly communicating and asserting your personal values as way to preserve and protect against having them compromised or violated.	[1] **IMAGE:** One coworker reminding another coworker to keep boundaries/eat lunch instead of answering work emails. [2] **IMAGE:** Main Character Nurse/word bubble asking about boundaries	[1] **N/A:** User automatically jumps from Scene 1.6 to Scene 1.7	

You've heard this word before, and some of your friends have even warned you of your own need to come to terms with your lack of boundaries, but you haven't experienced the concept played out in front of your eyes quite like you had earlier. There have been many times before where you were the one on the other side of the table denying the lunch invitation to find time to catch up on some emails. And lately, you have also been finding it harder and harder to "shut off" and step away from your own work. You begin to think that, perhaps, you need to start taking setting boundaries more serious yourself.

*OST - On Screen Text

1.7 Four Types Of Workplace Boundary Pushers			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Establishing boundaries in your life means that you are practicing to openly communicate and assert your personal values as way to preserve and protect against having them compromised or violated. In other words, this could be as simple as placing limits around how you use your time to as big as acknowledging what may harm your mental health. Sticking to your boundaries can build a foundation of inner peace for you to stay content with who you are because you find yourself having more control over your life. To establish boundaries is an introspective and honest process. In order to identify what may	[1] **IMAGE:** Main Character Nurse/word bubble asking how to establish boundaries [2] **IMAGE:** Bubble being popped with needle [3] **IMAGE**: Organizational Chart	[1] **N/A:** User automatically jumps from Scene 1.7 to Scene 1.8	

cross your personal boundaries, you must first pinpoint your own personal values. Personal values can be what you view as the ideal standards of behavior, like integrity and trustworthiness.

[2] OST: Keep in mind the top three personal values you check marked above. These personal values help to frame the boundaries you establish for yourself and allow for you to better identify what may "break" that frame- especially in your workplace. For instance, perhaps your top three personal values are loyalty, compassion, and fairness. We can conceptualize the boundaries you create as a bubble. When you have your personal values inside your bubble, they are safe and undisturbed. You begin to feel balanced and fulfilled. It's only when something comes along, a boundary pusher, that may act as a needle and potentially pop the bubble you have created for yourself:It is imperative to classify and categorize boundary pushers in your workplace in order for you to gain an understanding of what may cross your own boundaries. Harnessing awareness of these categories will help you to define patterns in the way you express certain mental, physical, and thought processes when certain boundary pushers occur. There are four common boundary pushers that can cross your pathway throughout your workday:

1. Time Boundary Pushers
2. Physical Boundary Pushers
3. Emotional Boundary Pushers

4. Mental Boundary Pushers ***OST - On Screen Text**			

1.8 Learning Checkpoint #2		**NOTES (Client/SME Roles)**

On Screen Text (OST) Prompt(s)	Visual Prompt(s)	Programming Prompt(s)	Please Write Below:
[1] **OST:** Directions: Read the included scenarios on the flashcards below. Then, drag your flashcard to one of the four corresponding boundary pushers: time, physical, emotional, or mental boundary pusher. Receiving feedback given harshly by your supervisor. Refusing to take any personal time off (PTO) throughout the year. Being required to answer work emails outside of your shift hours. You notice signs of arthritis in your hands and it hurts to do certain tasks. Overhearing colleagues gossiping in work spaces. Working while a loved one/close one has been diagnosed with a terminal illness. A colleague doesn't honor that you don't prefer to hug in the workplace. Not honoring breaks in your shift.	[1] **IMAGE:** Flashcards with scenarios on it; Time, Physical, Emotional, Mental Boundary Pusher categories	[1] **INTERACTIVITY:** Flashcards can be sorted into specified categories [2] **BUTTON:** Continue ● User jumps from Scene 1.8 to Scene 1.9 when pressed.	

*OST - On Screen Text			
1.9 Mindfulness In The Workplace			**NOTES (Client/SME Roles)**
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Let's go back to the previous module's scenario: While encouraging your colleague to skip out on answering emails during lunch to grab a bite to eat with you and your coworkers, you noticed her face lit up at the suggestion of preserving her boundaries. You realized there have been many times before where you were the one on the other side of the table denying the lunch invitation to find time to catch up on some emails. You begin to think that, perhaps, you need to start keeping boundaries for yourself. After having lunch with your coworkers, you find yourself lost in your own thoughts while tending to one of your patients. As usual, you begin to think about all of the items on your "to do" list you need to check off: administering medication to one patient, recording another patient's vitals, responding to more emails, and finding a last-minute gift for your dad after work because you can't show up empty-handed to his birthday party again. Your mind begins to feel scattered as your list becomes louder and more daunting by the minute. Your chest is heavy, you find your breath quickening, and your teeth are tightly clenched. You realize that your responsibilities are making you feel overwhelmed, and as a result, your mind has let loose a runaway train of one	[1] **IMAGE:** Nurse character is thinking about everything on their "to do" list in a thought bubble [2] **IMAGE:** Main Character Nurse/asking about how to actually practice mindfulness in the works pace	[1] **N/A:** User automatically jumps from Scene 1.9 to Scene 1.10	

unsatisfactory thought leading to another and another and another. Once you finish up with your patient, you quickly dismiss yourself. You realize it's easy to envision and establish your boundaries, but it's much harder to stick to your boundaries. You yearn to understand what tangible and practical methods you can leverage throughout your shift to practice mindfulness in your workplace. You want to build a better foundation of inner peace for you to have more control over your life. ***OST - On Screen Text**			
1.10 Practical Methods To Practice Mindfulness			**NOTES (Client/SME Roles)**
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** As stated above, it can be easy to envision and establish your boundaries, but it's much harder to stick to those boundaries when boundary pushers occasionally test its framework. As a nurse in your hospital's Inpatient Unit, you work in a very unpredictable environment and unpredictable environments can bring inconsistencies. When inconsistencies arise in a workplace, it can take more energy and intention to practice mindfulness since you are employing a strategy for different interactions each time - not for the same/similar interactions. Although, once you become an expert in mindfulness, using these strategies will feel second nature to you, and you'll be one step closer	[1] **IMAGE:** Main Character Nurse/asking about mindfulness methods [2] **IMAGE:** Organizational Chart	[1] **N/A:** User automatically jumps from Scene 1.10 to Scene 1.11	

to achieving that ideal work/life balance. There are many methods to leverage in order to practice mindfulness in your workplace. Here are some you can implement if you find your boundaries being crossed throughout your shift:

- Practice self-compassion and accept yourself for who you are. Treat yourself the way you would treat a good friend or acquaintance.
- Live in the moment as much as possible and diligently communicate boundaries so you can truly unplug.
- Take breaks throughout your day through a form of meditation.
- Dust off your time management skills and intentionally schedule/organize your time.

*OST - On Screen Text

1.11 Learning Checkpoint #3			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** There are many strategies that you can leverage to practice mindfulness in your workplace. You must remember to practice self compassion and treat yourself the way you would treat a good friend or acquaintance. It is important that you live in the moment as much as possible and truly unplug from responsibilities at work - especially when you are at home. Use your breaks intentionally to incorporate any form of meditation - including walking meditation. And lastly, dust off your time management skills to prioritize the family, friends, and moments you	[1] **IMAGE:** Matching activity appears with accompanying terms and definitions	[1] **INTERACTIVITY:** Terms can be dragged over/matched to their specified category [2] **BUTTON:** Continue - User jumps from Scene 1.11 to Scene 1.12 when pressed.	

want to keep close to your heart. Ensure that you also wiggle some time in your schedule for yourself. Once you're able to routinely practice these methods, you'll be able to use this toolbox to repair the boundaries that have been broken by workplace boundary pushers to successfully seek a work/life balance.

[2] **OST:** Directions: Drag over one of the four types of methods to practice mindfulness from the left side of the column to their corresponding examples in the right side of the column.

Incorporating Meditation: You take time to focus on your breathing in and out of your body during your break.

Practicing Self Compassion: You begin reciting in your mind: "I'm going to be kind to myself."

Truly Unplugging From Work: You set up an application on your phone to turn off work email notifications after hours.

Exhibiting Time Management Skills: You use your computer's online calendar to map out how you'll spend time after your shift.

*OST - On Screen Text

1.12 Seeking That Work/Life Balance - Tying It All Together			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** We began this learning course with an included scenario. You overheard two of your colleagues from the Inpatient Unit discussing the burnout they're experiencing from the amount of overtime they have been working lately at the hospital. One of your colleagues recalls how they have been making it a priority to practice more mindfulness - especially during their shift. After asking a close coworker of yours about their views on mindfulness, you begin to wonder how mindfulness can play a meaningful part in your workday and in your life and were able to flesh out the fundamentals of mindfulness. The next day, during your shift, when you pass by the nurse's station to file your patient's charted vitals, you overhear one of your colleagues inviting a newer coworker to your lunch. The coworker quickly responds that she has to catch up on work emails and can't attend. You walk in and intervene alongside your colleague. You express that a break is almost necessary after the influx of patients all of you have seen across the unit. Your colleague reminds her that she always has time to respond to emails and to remember to keep boundaries for herself. For some reason, at your colleague's mention of the word "boundaries," her face lights up, and she agrees to have lunch. You begin to think that, perhaps, you need to start take setting boundaries more serious yourself. You determine your personal values to	[1] **IMAGE:** Individual carrying a bunch/stack of paper gif.	[1] [1] **N/A:** User automatically jumps from Scene 1.12 to Scene 1.13	

outline your boundaries and use this framework to understand which boundary pushers fracture it. After having lunch with your coworkers, you find yourself lost in your own thoughts while tending to one of your patients. As usual, you begin to think about all of the items on your "to do" list you need to check off. You realize that your responsibilities are making you feel overwhelmed, and as a result, your mind has let loose a runaway train of one unsatisfactory thought leading to another and another and another. Once you finish up with your patient, you quickly dismiss yourself. You realize it's easy to envision and establish your boundaries, but it's much harder to stick to your boundaries. You learn to leverage certain methods in order to practice mindfulness in your workplace. ***OST - On Screen Text**			

1.13 Seeking That Work/Life Balance - Tying It All Together Cont.			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** First, we defined mindfulness - having moment-by-moment awareness of our thoughts, feelings, and surrounding environment by paying attention to the present moment with intention but without judgement. We discussed the three fundamentals of mindfulness that can offer us a more precise method of navigating our layers of awareness: mindfulness of the body, mindfulness of the mind, and mindfulness of the feelings.	[1] **IMAGE**: Individual carrying a bunch/stack of paper gif.	[1] **N/A:** User automatically jumps from Scene 1.13 to Scene 1.14	

1. When we better understood the fundamentals of mindfulness, we prioritized setting boundaries for ourselves. We recalled what it means to have boundaries - the practice of openly communicating and asserting your personal values as way to preserve and protect against having them compromised or violated. The best place to start is by determining which personal values you align with the most. Once you build this framework, you can then classify which of the four types of workplace boundary pushers may pop your bubble more often than others - time, physical, emotional, or mental boundary pushers.
2. Lastly, we realized that it can be easy to envision and establish our boundaries, but it's much harder to stick to those boundaries when boundary pushers occasionally test its framework. Thus, we identified strategies and methods to practice mindfulness:
   ○ Practice self-compassion and accept yourself for who you are. Treat yourself the way you would treat a good friend or acquaintance.
   ○ Live in the moment as much as possible and diligently communicate boundaries so you can truly unplug.
   ○ Take breaks throughout your day through a form of meditation.
   ○ Dust off your time management skills and intentionally schedule/organize your time.			

*OST - On Screen Text			
1.14 Practicing Mindfulness Scenario - Learning Activity			**NOTES (Client/SME Roles)**
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Once you discover the clear, constructive methods to practice mindfulness in your workplace, you are able to be one step closer to achieving that ideal work/life balance. You're able to build a foundation of inner peace for yourself to stay content with who you are because you find yourself having more control over your own life. Together, we'll tie all of this content together and use this course's approach to successfully handle workplace boundary pushers to prioritize mindfulness in your life. [2] **OST:** Directions: Complete the following scenarios by reading its accompanying prompts and selecting the best answer for included questions. This is Tonya- a coworker of yours who also works at the hospital's Inpatient Unit. Like you, she has made it a goal to practice more mindfulness during her shifts, and she asks for your help.Tonya begins telling you how she feels tired all of the time during and after work. She's become so exhausted that it's affecting her daily life. She's struggling to wake up or go to bed on time. What is Tonya being mindful of?	[1] **IMAGE:** Tonya, Nurse, present with hospital scene in background [2] **IMAGE:** Multiple Choice questions appear	[1] **INTERACTIVITY:** Terms can be dragged over/matched to their specified category [2] **BUTTON:** Continue ● User jumps from Scene 1.14 to Scene 1.15 when pressed.	

Once you praise Tonya for being mindful of her feelings, she begins confiding in you about a close family member of her passing on. She conveys to you it has been difficult to work and grieve.What "boundary pusher" is Tonya experiencing at work?

Tonya appreciates that you pointed out her experience was a "mental boundary pusher" at work. She describes how, if she begins to feel overwhelmed, she'll quietly recite: "I'm doing the best I can." Which of the four types of methods to practice mindfulness is Tonya practicing?

Great work! You were able to describe mindfulness to Tonya, classify her primary workplace boundary pusher, and identify a strategy to help her practice more mindfulness during her shift.

*OST - On Screen Text

1.15 Final Learning Assessment			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Congratulations! You have moved on to our Final Learning Assessment. In our Final Learning Assessment, keep our course objectives in mind, as we will be assessing your ability to demonstrate mastery of the following skills: 1. I can define the fundamentals of mindfulness. 2. I can classify the four types of boundary pushers in the workplace environment.	[1] **N/A**	[1] **BUTTON:** Start Quiz ● User jumps from Scene 1.15 to Scene 1.16 when pressed.	

3. I can identify strategies and methods to practice mindfulness. 4. I can apply mindfulness strategies to workplace scenarios to seek work-life balance. Directions: Complete the following matching, fill-in-the blank, and multiple questions by selecting their best, corresponding answers. ***OST - On Screen Text**			

1.16 Final Learning Assessment - Question #1			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Drag over one of the three fundamentals of mindfulness from the left side of the column to their corresponding description in the right side of the column. Mindfulness Of Feelings - ● Assessing each of your emotions or sensations as it arises for patterns. Mindfulness of the Mind - Paying attention to the way each thought arises, remains present, and passes away. Mindfulness of the Body: A collection of unique separate parts with individualized needs instead of as one, whole. ***OST - On Screen Text**	[1] **IMAGE:** Matching Activity appears	[1] **INTERACTIVITY:** Matching terms to definitions/descriptions **BUTTON:** Submit ● User automatically jumps from Scene 1.16 to Scene 1.17 when question answered	

1.17 Final Learning Assessment - Question #2, #3, and #4			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Having _____ is the practice of openly communicating and asserting your personal values as way to preserve and protect against having them compromised or violated. In order to identify what may cross your personal boundaries, you must first pinpoint your own _____ _____. A _____ _____ can act as a needle and potentially pop the boundary bubble you have created for yourself. ***OST - On Screen Text**	[1] **IMAGE:** Fill-in-the Blank Activity appears	[1] **INTERACTIVITY:** Typing in responses/filling in the blanks **BUTTON:** Submit • User automatically jumps from Scene 1.17 to Scene 1.18 when responses typed/submitted	
1.18 Final Learning Assessment - Question #5, #6, #7			NOTES (Client/SME Roles)
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** You set up an application on your phone to turn off work email notifications after hours.Which of the four types of methods to practice mindfulness is this an example of? You use your computer's online calendar to map out how you'll spend time after your shift.Which of the four types of methods to practice mindfulness is this an example of? You take time to focus on your breathing moving in and out of your body during your break.Which	[1] **IMAGE:** Multiple Choice questions appear	[1] **INTERACTIVITY:** Selecting multiple choice response **BUTTON:** Submit • User automatically jumps from Scene 1.18 to Scene 1.19 when responses typed/submitted	

of the four types of methods to practice mindfulness is this an example of? ***OST - On Screen Text**		● User needs to score above 80% or will be prompted to retake Final Learning Assessment	
1.19 Congrats - Course Completion			**NOTES (Client/SME Roles)**
On Screen Text (OST) Prompt(s)	**Visual Prompt(s)**	**Programming Prompt(s)**	**Please Write Below:**
[1] **OST:** Certificate Of Accomplishment Proudly Presented For Completing: Practicing Mindfulness. Achieving An Ideal Work/Life Balance In Nursing ***OST - On Screen Text**	[1] **IMAGE:** Certificate	[1] **N/A:** User completes course/course completion.	