



## **The Heart of Resilience**

A 6-Week Guided Journey in Heart Rhythm Meditation (HRM) to cultivate lifelong resilience.

Open to the public. Designed with healthcare professionals in mind.

**Wednesdays, October 1 through November 5, 2025**

**6:30 PM – 8:00 PM ET**

Live Online via Microsoft Teams

Whether you are navigating the demands of healthcare, caregiving, education or any high-responsibility role, resilience is essential!

The Heart of Resilience is a unique, experiential program designed to help individuals reconnect with their own resilience through Heart Rhythm Meditation (HRM) by offering tools to strengthen your inner resources and rekindle your sense of purpose.

You'll learn simple yet powerful techniques that combine breath, focus, reflection, and heart-centered awareness—supporting the physical, emotional, mental, and spiritual dimensions of resilience.



4 Dimensions of Resilience

## Continuing Education (CE) Credit

- 1.5 hours per session | 9 hours total (6 sessions)
- Available for nurses, pharmacists, and pharmacy technicians
- Live attendance online required for credit

## Nurses

Penn State Health, Milton S. Hershey Medical Center is approved as a provider of nursing continuing professional development by Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

To earn the 1.5 contact hours associated with this activity, you need to participate in the entire activity, with cameras on but muted. You must attend at least 5 of 6 sessions and complete the activity pre and post survey.

None of the speakers, presenters, or planning committee members for this activity have disclosed any financial relationship.

This educational activity has no commercial support or joint providership.

## Pharmacists/Pharmacy Technicians

This activity is eligible for ACPE credit; see final CPE activity announcement for specific details.

## Optional Study Participation

Participants may join a voluntary research study exploring how HRM supports resilience in individuals.

Note: Those who choose to join the research study will be asked to give consent to be contacted by the research team for study-related communication, including surveys and follow-up reminders. **Participation in the study is voluntary and separate from the program and continuing education credits.**

## Study Highlights

- **Focus:** Explore how **Heart Rhythm Meditation (HRM)** supports resilience.
- **Format:** 6-week online course with weekly 90-minute sessions via Microsoft Teams.
- **Daily Practice:** Meditate 10–20 minutes on your own each day and record practice in a weekly time log (emailed to you with reminders).

- **Surveys & Questionnaires:**

- Complete a 25-question resilience survey (CD-RISC) and a brief questionnaire on resilience strategies at **week 1, end of week 6, and 6 & 12 weeks after the course.**
- **Optional Interview:** After the course, you may participate in a 1:1 online interview to share your experience.
- **Total Duration:** About 18 weeks (course + follow-up surveys).
- **Voluntary:** Research Study participation is voluntary.

**Cost: Free**

Questions? Contact Lisa Hanlon, MEd, RPh, BS Pharm, 717-531-1038,  
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**Register Today!**



[The Heart of Resilience Program/Study](#)

## **Continuing Education Objectives**

This course teaches Heart Rhythm Meditation (HRM) as a holistic approach to enhance resilience among healthcare professionals across the physical, emotional, mental, and spiritual dimensions.

Each weekly session includes a guided Heart Rhythm Medication practice, relevant content informed by science and experience and opportunities for group reflection and meaningful discussion.

### **Session 1: Resilience Defined vs Resilience Lived (10/1/25)**

- Define resilience.
- Outline the dimensions of resilience: physical, emotional, mental, and spiritual.
- Assess current state of resilience using the CD-RISC and reflect on personal experiences.
- Define Heart Rhythm Meditation (HRM) and explain its foundational principles.
- Identify specific work or life challenges where HRM could be beneficial.
- Develop a personalized strategy for incorporating HRM into daily routines to enhance resilience.

### **Session 2: Start with the Heart – Explore the Role of the Heart in Resilience (10/8/25)**

- Explain the concept of living from the heart and the transformative impact of a heart-centered approach.
- Explain how HRM helps mitigate the physical effects of stress and balances the autonomic nervous system.
- Outline the physiological and emotional connections between the heart and brain and how HRM harmonizes this connection.

### **Session 3: Physical and Mental Resilience (10/15/25)**

- Describe the physiological effects of stress on the body and its impact on the nervous system, health, and immune function.
- Explore HRM's physiological benefits, particularly in heart rate variability (HRV) and vagal tone, and their role in physical resilience.
- Discuss how HRM strengthens mental resilience and enhances stress adaptability.
- Explain physiologic coherence and how HRM supports heart-brain coherence to promote resilience.

#### **Session 4: Emotional Resilience (10/22/25)**

- Explain the importance of emotional regulation in resilience and how HRM aids in emotional processing.
- Reflect on the role of compassion, gratitude, and love in enhancing emotional resilience through HRM.
- Discuss integrating HRM with positive psychology practices to promote resilience in difficult situations.
- Apply HRM techniques to foster compassion and mitigate compassion fatigue.

#### **Session 5: Spiritual Resilience (10/29/25)**

- Reflect on the question “What is my why?” to identify sources of purpose and meaning.
- Explore HRM techniques that align with personal values and life goals.
- Apply HRM to cultivate harmonious relationships and enhance spiritual resilience.

#### **Session 6: Navigating the Journey Forward (11/5/25)**

- Reassess resilience using the CD-RISC and reflect on personal growth.
- Develop a structured plan for integrating HRM into daily life for long-term resilience.
- Identify key factors that support consistent meditation practice over time.