



Well-being of Healthcare Professionals

A Well Living Lab and Mayo Clinic Study

Greetings!

You are invited to participate in a research study conducted by the Well Living Lab and the Mayo Clinic Program on Physician Well-Being. We are looking for healthcare professionals who are currently employed at the Mayo Clinic.

The goal of this research study is to assess the effect of using MindBreaks™ rooms on work-related stress and job satisfaction among healthcare professionals. A MindBreaks room is a relaxation room designed to deliver short, effective, and restorative breaks.

- **What will you do?**

You will receive access to the MindBreaks™ rooms located across from the River Room at St. Marys and on Gonda 17 and will be asked to use them regularly for three months. You will be asked to use the rooms regularly for three months and periodically complete short surveys, with three more months of study participation comprising only the periodic completion of short surveys.

If you are interested and currently working at the Saint Mary's campus or the downtown Rochester campus, please contact the study team at RSTWELLIVINGLAB@mayo.edu to learn more and get started!

Thank you for your consideration,

Well Living Lab
Colin P. West, MD, PhD, Mayo Clinic



Scan to email
study coordinator

