

North Central College Health Association

Student Grant Final Report

Relaxation Station

Submitted by:

Lori Marti

On behalf of Minnesota State University, Mankato

Student Health Services/Health Education

January 2013

## Program Goal

The goal of this program was to decrease the negative effects of stress impacting student academic success at Minnesota State University, Mankato. A relaxation space including a Human Touch® massage chair, an audiovisual relaxation system, aromatherapy, and relaxation music was created to allow students to relax and lower stress levels.

## Program Objectives

Objectives developed to meet the program goal included:

- By April 2013, 500 visits will be made to the Relaxation Station
- Students will classify their level of stress on a 1 to 10 scale before and after the session, identifying a lower number post session
- At least 20% of students will be aware of the relaxation services on campus by January 2013, through marketing strategies

## Program Outcomes

- To date, more than 100 scheduled Relaxation Station appointments (note: massage chair and audiovisual relaxation system appointments cannot be simultaneous but can be scheduled consecutively for the same student)
  - 6 Audiovisual Relaxation System
  - 99 Massage Chair
  - 20 Aromatherapy

- A rating scale of 1 (not stressed) to 4 (very stressed) was used on a pre- and post-session evaluation (Appendix A).
  - 86% of the students reported lower post-session stress levels
  - The average pre-session stress level was 2.6
  - The average post-session stress level was 1.5
- 100% of the students who scheduled session indicated they would recommend the service to other students
- Marketing efforts to advertise the Relaxation Station were varied. No data was collected to determine how many students were aware of the services offered prior to the start of marketing efforts. Friend referral (20%), email (16%), and New Student Orientation (9%) were the most common responses when asked how they heard about the Relaxation Station.
- It was determined that it was not necessary to purchase a bar code scanner for demographic data collection. Including visitor tech id numbers in an Excel document at the time of appointment will allow campus IT staff to analyze the data and provide demographic information on those student visitors.

### Marketing Efforts

Marketing efforts were varied and included:

- information at New Student Orientation
- New Student Fall Semester e-newsletter
- Dining Hall table tents

- Student Health Services Facebook page
- Open House for student leaders and staff/faculty who work with individual students
- Flyers for Counseling Center and Student Health Services staff to share with patients

Final Budget

|  |                 |
|--|-----------------|
| Human Touch massage Chair:                                 | \$1999.00       |
| David Audiovisual Entrainment System:                      | \$318.00        |
| Wyndmere Ultrasonic Cool Mist Aromatherapy Diffuser & oils | \$67.00         |
| Sanitizing wipes   | \$8.00          |
| Marketing:   | <u>\$100.00</u> |
| Total:   | \$2492.00       |



