

# A Study Of Resilience And Mental Well-Being Through Breathing Practice For Clinical Care Professionals

NCT07218458

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Mayo Clinic
Enrollment	40 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Participants must be healthcare professionals at the above-mentioned 4 MCHS sites (Eau Claire, La Crosse, Mankato, Albert Lea).
- Must score e40 on Copenhagen Burnout Inventory Q1-6.
- Participants must be physically fit enough to perform light exercise.
- Participants should read and understand English well enough to consent, complete measures, and follow instructions.
- Participants must have access to a smartphone or tablet.

### Exclusion (5)

- Active primary psychotic disorder or substance use disorder (except nicotine dependence) within the past year.
- Severe or unstable medical condition that could interfere with participation or data collection.
- Active neurological condition (including seizure disorder, traumatic brain injury, or stroke) that could affect cognitive functioning or brain imaging results.
- Chronic lung disease (e.g., COPD, cystic fibrosis) or aneurysm.
- Current pregnancy or planning to become pregnant during the study period

## Locations (4 total)

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Mayo Clinic Health System-Albert Lea, Albert Lea, Minnesota, United States  
Mayo Clinic Health System-Mankato, Mankato, Minnesota, United States  
Mayo Clinic Health System-Eau Claire Clinic, Eau Claire, Wisconsin, United States  
... and 1 more locations