**Guided Relaxation and Stress Study**

Be part of a Texas State University psychology research study!

* Are you between the ages of 25 and 65?
* Are you a full-time medical-surgical nurse?

If you answered YES to these questions, you are eligible to participate in a research study.

The purpose of this research study is to understand whether a short relaxation exercise has an effect on perceived stress levels and physiological stress indicators in professionals working in a high-stress environment, such as that of a hospital.

This study is being conducted at Seton Medical Center Hays on the 3rd floor in the Tranquility Room.

Please contact Caitlin Batcheller for more information:

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