

Exploring the Efficacy of Short-term Mental Health Healing Programs: A Case Study of Civil Servants in Jeonnam

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Abstract : In the field of mental health care, long-term healing programs have gained widespread recognition for their effectiveness in promoting well-being. However, the efficacy of shorter-term interventions, such as 1-night 2-day programs, remains relatively understudied. The primary objective of this initiative is twofold: firstly, to enhance the overall well-being and resilience of participants, and secondly, to investigate the program's potential to ameliorate specific mental health indicators. These indicators include physical stress levels, autonomic nervous system health, brain activity, brain stress, and concentration. A 1-night 2-day mental health healing program was implemented for 560 civil servants from Jeollanam-do (mean age 47.87 yrs). The focus was on measuring changes through baseline assessments before participation and post-program assessments upon completion. Measurements included physical stress index, autonomic nervous system health, brain activity level, brain stress, and brain concentration. There was a significant decrease in physical stress, as well as a significant decrease in autonomic nervous system health ($p < 0.05$). Although there was no significant difference in brain activity level, there was a tendency for brain activity level to stabilize in the high-frequency range. Additionally, a significant decrease in stress levels and an improvement in concentration were observed. Incorporating 1-night 2-day relaxation programs into our daily lives offers a holistic approach to caring for both our physical and mental health, providing essential moments of rejuvenation and self-care that contribute to overall well-being and fulfillment.

Keywords : Mental Health, Stress, Well-being, Healing Program, Interventions

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1. Introduction

The World Health Organization (WHO) defines mental health as a state of well-being in which individuals realize their own abilities, cope with the normal stresses of life, work productively, and contribute to their community [1]. Stress is a physiological response characterized by acute changes in brain and body functioning when encountering new situations [2]. During moments of threat, the cerebral amygdala triggers the sympathetic nervous system, releasing cortisol and adrenaline hormones, which prompt biological adaptations to prepare the body for the circumstances. However, prolonged or recurrent stress responses can transition from adaptive to harmful, negatively impacting health. Adrenocortical hormones related to stress trigger various bodily responses. Administering glucocorticoids intravenously can lead to symptoms such as abdominal pain, nausea, vomiting, disrupted sleep, and neurobehavioral changes including confusion, irritability, and restlessness[3]. Therefore, it is crucial to develop stress management strategies for patients, individuals, families, and healthcare professionals, especially during these mentally and physically demanding times [4].

Effective stress management strategies encompass three key elements: (1) reducing the stress response, (2) promoting the relaxation response, and (3) developing adaptive strategies [5]. Firstly, reducing reactivity to stress involves recognizing its warning signs within the body and emotions, which can be cultivated through mindfulness practices, body scans, or biofeedback devices. Secondly, achieving the relaxation response can be facilitated through mind-body practices like meditation, yoga, tai chi, guided imagery, breathing exercises, and relaxation techniques [6]. Lastly, developing adaptive strategies involves adopting a healthy lifestyle, utilizing tools from cognitive behavioral therapy and positive psychology, and fostering social

connections to strengthen individual and collective support networks.

In the field of mental health care, long-term healing programs are widely acknowledged for their effectiveness in enhancing well-being [7]. However, the efficacy of shorter-term interventions, such as 1-night 2-day programs, remains relatively unexplored. Interventions aimed at instigating psychological change involve dynamic processes influenced by various factors, often analyzed as mediators and moderators [8]. These mediators frequently establish complex, individual-specific connections. This knowledge gap prompts inquiries into the potential positive effects of brief mental health healing programs on participants' well-being. Therefore, this study seeks to address this gap by focusing on the implementation of a customized 1-night 2-day mental health healing program for civil servants in Jeollanam-do.

The primary objective of this initiative is twofold: firstly, to enhance the overall well-being and resilience of participants, and secondly, to investigate the program's potential to ameliorate specific mental health indicators. These indicators include physical stress levels, autonomic nervous system health, brain activity, brain stress, and concentration.

Through a comprehensive evaluation of the program's outcomes, this study aims to inform evidence-based practices aimed at fostering the mental well-being of civil servants and, by extension, enhancing organizational effectiveness and employee satisfaction. Therefore, the aim of this study is to investigate the efficacy of a 1-night 2-day mental health healing program specifically designed for civil servants in Jeollanam-do. This program is tailored to address the unique needs and challenges faced by civil servants, with a primary focus on enhancing overall well-being and resilience. Additionally, the study seeks to assess the program's impact on specific mental health indicators, including physical stress levels, autonomic nervous system health, brain activity, brain stress, and concentration.

By evaluating the outcomes of this program, the research aims to provide valuable insights into the effectiveness of short-term mental health interventions in improving the well-being of civil servants. Furthermore, the study seeks to inform evidence-based practices aimed at enhancing mental health support strategies within organizational contexts, ultimately contributing to the promotion of employee satisfaction and organizational effectiveness.

2. Research Method

2.1. Research Method and Scope

The participants in this study were 560 public health officials from Jeollanam-do Province tasked with COVID-19 response duties. Each session accommodated 20 participants, and the program was conducted 20 times, spanning a 1-night, 2-day format. Clear explanations regarding the program were provided to the participants, emphasizing that the collected information could be utilized for future research purposes. Participation was voluntary, with only those expressing voluntary consent and signing the consent form being eligible for the healing program. Participants who engaged in the program underwent a 1-night, 2-day healing program, with pre- and post-program OmniFIT tests administered.

2.2. Healing Program

The healing program implemented for public health officials involved in COVID-related duties consisted of a 1-night, 2-day itinerary. On the first day, participants underwent morning stress assessments followed by aroma scalp massages. After lunch, they embarked on a forest therapy session at Woodland. The second day commenced with a meditation program for mental well-being at Jangheung's Cheongtaejeon, accompanied by a singing bowl yoga session for physical rejuvenation. In the afternoon, participants engaged in an integrated medicine therapy program, which included

full-body sports massages, herbal foot baths, full-body heat therapy, and abdominal massage. Following the program's conclusion, participants had the opportunity to experience traditional Korean medicine by crafting Kyungokhwan. Appendix 1 outlines the detailed schedule of the program.

2.3. Measurement Tools

To assess the impact of the 1-night, 2-day healing program on brainwaves and heart rate variability (HRV), we utilized the OmniFIT MindCare product for data collection and analysis of brain and physical health data. This measurement tool, classified as a Class 2 medical device, measures brainwave signals through two-channel electrodes and HRV signals through photoplethysmography at peripheral blood vessels. Measurements were conducted for approximately 1 minute in a quiet OmniFIT measurement space, with participants instructed to keep their eyes closed and remain in a relaxed state. During measurements, participants were requested to refrain from movement or speaking.

2.4. Analysis Method

To assess the impact of the brief comprehensive healing program on brainwaves and heart rate variability (HRV), we analyzed pre- and post-program measurement data from participants. Statistical analysis was conducted using SPSS Ver21.0 Statistics Program. Paired-sample *t*-tests were employed to compare pre- and post-program measurements after the implementation of the single-group healing program. A significance level of $p < 0.05$ was set for all analyses in this study.

3. Results and Discussion

3.1. General characteristics of the subjects

Only the age of the subjects was examined, revealing an average age of 47.87 years.

Unfortunately, no further demographic or personal characteristics were collected or analyzed as part of the study.

3.2. Program Statistical Results

3.2.1. Normality Test and T-Test for Physical Stress

The results of our analysis revealed that there was no significant difference found in the normality test, indicating that the data we collected adhered well to a normal distribution (Table 1). However, despite this finding, a noteworthy observation emerged regarding the levels of physical stress. We observed a significant decrease in physical stress among the participants, which suggests that our intervention had a tangible impact on their well-being. This finding aligns with previous research indicating that interventions aimed at reducing stress can yield positive outcomes. It is important to note that while the normality test did not show significant differences, the observed decrease in physical stress underscores the effectiveness of our intervention in promoting relaxation and reducing physiological tension. Similar to this study, several studies [10–12] have shown that individuals who participated in mental health programs exhibited improvements in physical stress compared to those who did not receive such programs.

3.2.2. Normality Test and T-Test for Autonomic Nervous System Health

The lack of a significant difference in the normality test suggests that the data adhered well to a normal distribution, providing confidence in the statistical analyses conducted. Despite this, our findings revealed a significant decrease in autonomic nervous system (ANS) health across the conditions studied (Table 2) similar as previous studies[13–15]. The observed decrease in ANS health highlights a concerning trend that warrants further investigation. The autonomic nervous system plays a crucial role in regulating involuntary bodily functions, including heart rate, digestion, and respiratory rate. A decline in ANS health can have profound implications for overall well-being and may be indicative of underlying physiological imbalances or stressors.

The significant decrease in ANS health underscores the importance of interventions aimed at promoting autonomic nervous system balance and overall physiological health. Strategies targeting stress reduction, lifestyle modification, and relaxation techniques may be particularly beneficial in addressing these issues. While our results are concerning, it is important to acknowledge potential limitations of the study. Factors such as sample size, participant characteristics, and the specific nature of the intervention may influence the observed outcomes. Additionally, further research

Table 1. Comparison of differences before and after intervention in Physical Stress

| Group | Pre test Mean±SD | Post test Mean±SD | t | p |
|--------------|------------------|-------------------|-------|-------|
| Experimental | 49.55±2.55 | 47.87±2.29 | 3.805 | 0.001 |

Table 2. Comparison of differences before and after intervention in Autonomic Nervous System Health

| Group | Pre test Mean±SD | Post test Mean±SD | t | p |
|--------------|------------------|-------------------|--------|------|
| Experimental | 6.22±0.35 | 6.34±0.38 | -2.449 | 0.02 |

is needed to better understand the underlying mechanisms driving the observed changes in ANS health and to develop targeted interventions to address these issues.

3.2.3. Normality Test and T-Test for Brain Activity Level

Despite the Shapiro-Wilk test not meeting the normality assumption, we proceeded with parametric statistics because our sample size exceeded 30 and aligned with the central limit theorem. This decision was supported by the robustness of parametric methods in handling deviations from normality in larger samples. Upon analysis, no significant difference was observed in brain activity levels across the studied conditions (Table 3). Interestingly, our examination did reveal a notable trend: brain activity levels seemed to stabilize in the high-frequency range. This observation suggests a potential pattern worth exploring further. While the lack of statistical significance may indicate that the differences observed were not substantial enough to reach significance in our sample, the consistency of this trend warrants attention. Understanding the nuances of brain activity patterns, particularly within specific frequency ranges, can provide valuable insights into cognitive processes and neural functioning. Further investigation, perhaps with a larger and more diverse sample, or utilizing complementary methodologies, could shed more light on this intriguing observation. Despite the non-significant findings, our study contributes to the broader understanding of

brain activity dynamics and highlights avenues for future research in this domain.

3.2.4. Normality Test and T-Test for Brain Stress

The normality assumption was met in our analysis, indicating that the distribution of data points followed a normal pattern. This allowed us to proceed with confidence in our statistical methods, ensuring the validity of our results. Our findings revealed a significant decrease in brain stress levels across the studied conditions (Table 4). This observation highlights the efficacy of our intervention in mitigating stress and promoting mental well-being among participants.

The significant reduction in brain stress levels underscores the importance of interventions targeted at managing stress in today's fast-paced and demanding world. High levels of stress can have detrimental effects on both physical and mental health, making it essential to develop effective strategies for stress reduction similar to previous studies [16, 17]. Our study adds to the growing body of evidence supporting the effectiveness of such interventions. While the results are promising, it is important to acknowledge potential limitations of our study. Factors such as sample size, participant characteristics, and the specific nature of the intervention may influence the observed outcomes. Additionally, the duration and long-term effects of the intervention warrant further investigation.

Table 3. Comparison of differences before and after intervention in Brain Activity Level

| Group | Pre test Mean±SD | Post test Mean±SD | t | p |
|--------------|------------------|-------------------|------|-------|
| Experimental | 26.80±2.66 | 26.52±2.81 | 0.93 | 0.359 |

Table 4. Comparison of differences before and after intervention in Brain Stress

| Group | Pre test Mean±SD | Post test Mean±SD | t | p |
|--------------|------------------|-------------------|-------|-------|
| Experimental | 8.11±0.84 | 7.72±0.44 | 2.495 | 0.018 |

3.2.5. Normality Test and T-Test for Brain Concentration

The satisfaction of the normality assumption in our analysis provides a solid foundation for the reliability of our results. This indicates that the data distribution adhered to a normal pattern, allowing us to proceed confidently with our statistical analyses. Notably, our findings revealed a significant improvement in brain concentration across the conditions studied (Table 5).

The observed increase in brain concentration underscores the effectiveness of the intervention in enhancing cognitive function. This finding is particularly promising, as cognitive performance plays a crucial role in various aspects of daily life, including learning, problem-solving, and decision-making. The significant improvement in brain concentration suggests that the intervention had a measurable impact on participants' cognitive abilities such as previous findings[18–20]. This may have important implications for individuals experiencing difficulties with attention, focus, or memory, as well as for those seeking ways to optimize cognitive performance.

While our results are encouraging, it is important to acknowledge potential limitations of the study. Factors such as sample size, participant characteristics, and the specific nature of the intervention may influence the observed outcomes. Additionally, the duration and long-term effects of the intervention warrant further investigation. In conclusion, our findings contribute to the growing body of evidence supporting the effectiveness of interventions aimed at enhancing cognitive function. Future research should aim to replicate these results in larger and more diverse populations and explore additional

factors that may influence cognitive performance. Ultimately, improving brain concentration can have significant implications for overall well-being and quality of life.

Participating in short-term mental health healing programs, such as a 1-night, 2-day retreat, has been considered the most significant finding of this study, demonstrating notable positive effects on health, although consistent exercise over a prolonged period is widely acknowledged as beneficial for health. The findings from the statistical analysis shed light on the nuanced effects of the 1-night 2-day mental health healing program on various dimensions of participants' mental well-being. These results prompt a comprehensive discussion, elucidating the implications of the program's outcomes and providing insights for future research and practice in mental health intervention strategies tailored for civil servants.

Firstly, the notable decrease in physical stress levels among participants following the program underscores the effectiveness of the intervention in alleviating physiological tension. This reduction in physical stress aligns with previous research highlighting the efficacy of relaxation interventions in mitigating bodily discomfort and promoting relaxation. By offering activities aimed at physical relaxation, such as yoga, massage therapy, or nature walks, the program likely facilitated participants' ability to unwind and release accumulated tension, contributing to their overall sense of well-being.

Similarly, the observed decrease in autonomic nervous system health suggests improvements in participants' physiological balance and stress regulation mechanisms. The autonomic nervous system plays a pivotal role in regulating

Table 5. Comparison of differences before and after intervention in Brain Concentration

| Group | Pre test Mean ±SD | Post test Mean ±SD | t | p |
|--------------|-------------------|--------------------|--------|-------|
| Experimental | 4.05 ±0.81 | 4.50 ±0.7 | -4.388 | 0.000 |

involuntary bodily functions, including heart rate, blood pressure, and digestion. The observed enhancements in autonomic nervous system health imply that the program may have equipped participants with effective stress management skills, enabling them to navigate challenging situations with greater resilience and composure.

Contrary to initial expectations, the absence of a significant difference in overall brain activity levels post-program warrants further exploration. However, the observed tendency for brain activity to stabilize in the high-frequency range suggests a potential shift towards a more balanced and stable cognitive state. While the program may not have directly influenced overall brain activity levels, it may have promoted cognitive resilience and efficiency, particularly in tasks requiring sustained attention and cognitive flexibility. Moreover, the significant decrease in brain stress levels post-program is particularly promising, as high levels of brain stress are often associated with cognitive impairments and mental health concerns. The observed reduction in brain stress suggests that the program effectively mitigated cognitive strain and fostered mental relaxation among participants. By providing opportunities for mindfulness practices, relaxation techniques, and cognitive reframing exercises, the program likely equipped participants with effective coping strategies for managing cognitive stressors in their daily lives. Furthermore, the improvement in brain concentration following the program underscores its positive impact on cognitive functioning. Enhanced concentration is crucial for productivity, task performance, and overall cognitive well-being. The program's ability to enhance concentration levels suggests its potential in bolstering participants' cognitive resilience and adaptability, essential attributes for navigating the complexities of their professional roles as civil servants.

4. Conclusion

Engaging in a 1-night 2-day relaxation program as part of our daily routine can offer ample opportunities to care for our physical and mental well-being. These brief respites from the demands of everyday life provide a valuable chance to recharge and rejuvenate both body and mind. Whether it involves a weekend getaway to nature, a staycation at home dedicated to self-care activities, or simply a day of leisurely pursuits, such programs can have profound effects on our overall health. Adequate rest and relaxation are essential for maintaining optimal physical health, supporting our immune system, and preventing burnout and fatigue. Moreover, the mental benefits of a 1-night 2-day relaxation program are equally significant. Participating in short-term mental health healing programs, such as a 1-night, 2-day retreat, has been considered the most significant finding of this study, demonstrating notable positive effects on health, although consistent exercise over a prolonged period is widely acknowledged as beneficial for health. In essence, integrating regular breaks and relaxation periods into our lives through 1-night 2-day programs is not only enjoyable but also essential for maintaining a healthy balance between work, rest, and play. By prioritizing our physical and mental health in this way, we can better cope with the demands of modern life and cultivate a greater sense of well-being and fulfillment.

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Appendix I. The Heart Relaxation Program

| Class Hour | Duration Hour | Day 1 | | Day 2 |
|------------|---------------------|--|------------------------|--|
| 1 | 08:00 ~ 09:00 | X | | Breakfast |
| 2 | 09:00 ~ 09:30 | Registration and Process Guidance | | Healing Program 2 - Singing Bowl Yoga |
| 3 | 09:30 ~ 10:00 | Pre-screening Stress assessment Heart rate variability assessment | Aroma Scalp massage | |
| 4 | 10:00 ~ 11:50 | | | |
| 5 | 11:50 ~ 13:00 | Lunch | | Lunch |
| 6 | 13:00 ~ 17:00 | Forest Therapy | | Integrated Medicine Therapy - Full-body sports massage - Herbal foot bath - Full-body heat therapy - Korean medicine therapy (cupping, acupuncture) |
| | | | | Korean Medicine Education - Making Kyungokhwan |
| 7 | 17:00 ~ 17:40 | | | Post-Stress Assessment |
| 8 | 17:40 ~ 19:00 | Dinner | | Satisfaction Survey and Departure |
| 9 | 19:00 | Lodging and Psychological Counseling | | |