Description 1. What connections can be made between Nightingale's observations of 'noise' and 'chattering' and modern day meditation practice? Explain. 2. In consideration of the academic journal readings please answer this question in the DB: What was your most significant take away from these brief articles? Propose a non-medication based plan of care for a patient or a close family member or friend who is suffering from anxiety or depression (You may look up other research based articles to better inform yourself if you wish - please remember to reference). The plan of care template would include the following: Subjective statement that provides evidence of the problem (friend's/patient's point of view): ex. "I feel nervous and panicked every time I walk into this classroom" Objective statement (this is from your point of view): ex. "Sophia always looks down and moves very quickly when she has to go into the class. I notice that she always sits in the back by herself" Assessment: If this was your patient, you would be taking vital signs and collecting additional evidence. In this scenario, provide additional evidence of anxiety or depression that you would anticipate seeing in your friend, patient, or family member. Intervention: From all of the readings, what type of intervention would you suggest for this person? Include a recommended frequency and duration based on what you have learned. Education: How would you educate your friend about this intervention?