

Mindfulness for Healthcare Professionals: Do I Have the Time?

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*Wherever you are is the entry point
Kabir*

Objectives

- Identify and discuss key characteristics of mindfulness
- Describe how mindfulness practices can address stress and well-being
- Examine ways that mindfulness practice can be integrated into daily life...even at work
- Learn mindfulness practice skills

Mindful Check-In



What is mindfulness?

- Being fully aware of what is happening in the present moment, with curiosity and without judgment
- Living in the here and now, since this is where, and when, life is lived
- The awareness that unfolds as we pay attention, on purpose, in the present moment *(Jon Kabat-Zinn)*

Two Forms of Mindfulness Practice

- Formal

- Mindfulness Meditation
- Body Scan
- Compassion Meditation

- Informal

- Mindfulness in daily life
- Bring a sense of purpose to the everyday
- Speak your truth, mindful listening and conversation
- Take moments to check-in, reflect

Mindfulness Meditation

- The foundation, always with you
- Anchor to the present moment
- Working with the mind that wanders
 - awareness of where you went
 - gently letting go
 - coming back to the breath
- Posture and practice



Informal Practice: Daily-Life Mindfulness

- Imbuing each moment with mindful attention
- “mindfulness-in-action”
- Learn to hold onto threads of awareness, compassion, and purpose
- Intention is to build awareness of how our minds and bodies react to things
- Frequency a lot more important than intensity (more likely to form a habit)



Notice the Transitions

- Awakening
- First steps of the day
- Eating
- Arrival at work
- Walking between meetings
- Driving
- Arrival at home

Feeling Rushed



Mindfulness

Compassion



Compassion is a verb

Thich Nhat Hanh

- The Center for Compassion and Altruism Research and Education, School of Medicine, Stanford University
<http://ccare.stanford.edu/>
- Research suggests that compassion can be strengthened through targeted exercises and practice, and impact health, well-being, and relationships
- 2015 study findings suggest that LKM may be a viable, practical, and time-effective solution for preventing burnout and promoting resilience in healthcare providers and for improving quality of care in patients

Self-Compassion Break



