

# Self Care Includes Mindfulness

A teaching presentation

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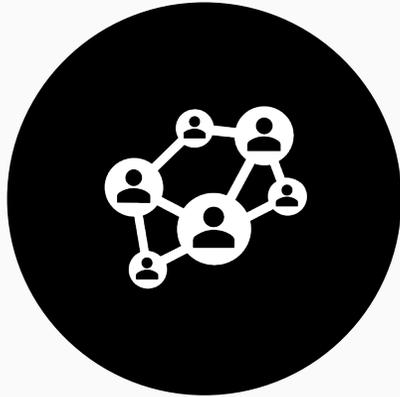
Masters in Nursing Education

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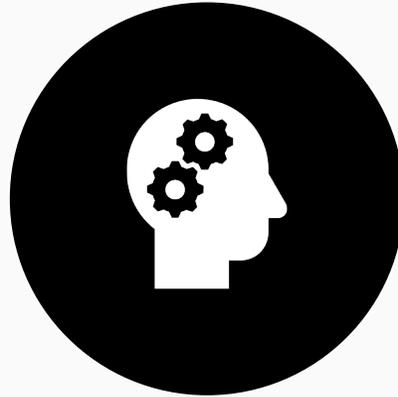
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# Learning Objectives



RECOGNIZE CONNECTION  
BETWEEN SELF-CARE AND  
WELLNESS



IDENTIFY ONE MINDFULNESS  
ACTIVITY YOU CAN ROUTINELY  
PRACTICE



IDENTIFY WORKPLACE RESOURCES  
THAT SUPPORT SELF-CARE

# The Starting Point



Watson Caring  
Science Institute

## Watson Caritas Self-Rating Score<sup>®</sup>

**DIRECTIONS:** When answering the questions, please consider the overall consistency of human-to-human **Self CARING** you have experienced. Please circle the number for the one best answer.

	Never						Always
I treat myself with loving-kindness.	1	2	3	4	5	6	7
I practice self-care as a means for meeting my own basic needs.	1	2	3	4	5	6	7
I have helping and trusting relationships with others.	1	2	3	4	5	6	7
I create a caring environment that helps me to flourish.	1	2	3	4	5	6	7
I value my own beliefs and faith, allowing for my personal success.	1	2	3	4	5	6	7

Would you recommend our hospital to someone you love?

Yes

No

We invite you to share any notable caring or uncaring moments you have experienced.



# Self-care and Mindfulness

Self-care is:

- Individualized, Balanced, Restorative, & Health conscious

Mindfulness:

- Awareness of the present moment



Why is this important  
for healthcare  
workers?

- Healthcare has been recognized as a high stress occupation.
- The stress doesn't only have an impact on patients



Pebbles in a  
pond

*“I treat myself whenever may it be yoga, reading bible, listening to music while seeping my fave coffee to find inner peace.” -RN, L4*

*“When I am having a busy day, I will go into a quiet room .. just to get away from all the sounds and people. I take a few deep breaths and give myself a quick pep talk before I go back to the floor” –RN, E3*

*“Petting my dog and hiking” – L7, RN*

## Basic needs

- Self-care is a basic need
- We tend to focus on others but not ourselves
- Fill your cup

***Get busy and forget to prioritize my self care at times. Also struggle with negative self thoughts (being harsher on myself and my actions than I would be to others).- RN, E3***

***I don't typically create an internal dialogue of self-care that "allows me to flourish." RN, K7***

***"being too hard on myself"  
RN, L4***

## Loving kindness

- We have it all wrong
- Self-compassion
- Ways to improve



# Practice makes perfect

- Schedule time for yourself
- Heart focused breathing

# Heart focused breathing

## +♥ HeartMath. Heart-Focused Breathing™

- 1** Focus your attention in the area of the heart
- 2** Imagine your breath flowing in and out of your heart or chest area, breathing a little slower and deeper than usual

*Suggestion: Inhale 5 seconds, exhale 5 seconds*



Hand washing  
Repeat twice = 20 seconds

# Caring environments

- The space we're in physically and emotionally
- Creating these environments promote healing and dignity

# Beliefs & Faith

- Using these beliefs to guide self-care and Mindfulness

*CP 2: Being authentically present, enabling faith/hope/belief*

*“Getting help and socializing from my coworkers helped me get through hard times at work” –RN, E3*

*“I feel cared about by my coworkers when they go out of their way to help me with tasks when they sense I need help” -RN, L7*

*“I’m grateful for the help I get from co-workers” –RN, L4*



## Relationships with others

- Caring consciousness connecting as human beings
- Sustaining caring loving and trusting relationships

*CP 1: Practice of Loving Kindness for Self and Others*

*CP 2: Being authentically present, enabling faith/hope/belief CP3: Developing and sustaining loving, trusting-caring relationships.*

*CP 4: Allowing for expression of positive and negative feelings - authentically listening to another person's story.*

# Micro-practice: Huddle Quick Start

## Resilience Level “Temperature Check”



**Purpose: Increase compassion for self and others during times of crisis, stress and anxiety**

### Technique

- 1** **Define Resilience:** “The ability to recover from and adjust to challenges and change.” – HeartMath®
- 2** **Ask team members:** “What is your resilience level right now: Low, Medium, or High?”
- 3** **Ask:** “What do you need from leadership and your colleagues today?”  
and “ What are you currently doing daily for your self care?”

Temp check  
self-awareness

# SHC Resources

The background image shows a modern, multi-story building with a glass and metal facade, likely a hospital or medical center. In the foreground, there is a large, intricate, geometric sculpture made of metal, resembling a complex lattice or a stylized flower. The sky is clear and blue.

## Healthy steps

HeartMath webinar

<https://stanfordhealthcare.cloud-cme.com/default.aspx>

## Moments of pause

<https://www.youtube.com/channel/UCKVWmVLoS3nwBblrjxtmrTA/videos>

## Caring compass

<https://shcconnect.stanfordmed.org/sites/hr/LeaderSupport/Pages/SelfCare.aspx>

## Watson Caring science institute

<https://www.watsoncaringscience.org/>

# Let's review



Self-care is a basic need



Cultivate loving kindness  
for yourself.



Loving kindness to others  
starts with the kindness  
we give ourselves



Fill your cup



Caring environments  
promote healing and  
dignity



SHC resources are  
available to help your  
journey

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