

Lead with Your Energy

*Embody the Caring/Healing Perspective
with Mindfulness Self-Care Skills You Can
Use WHILE You Work*

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Holistic Nurses Association
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Learning Objectives:

In this workshop you will...

1. *Practice mindfulness self-care skills with a guided meditation to embody the caring/healing perspective.*
2. *Practice mindfulness self-care skills that can be used in performing daily activities on the job.*
3. *Create a personal action plan to increase your self-care and embody the caring/healing perspective.*

**Conflict of Interest: The presenter has no conflicts
of interest related to this activity**

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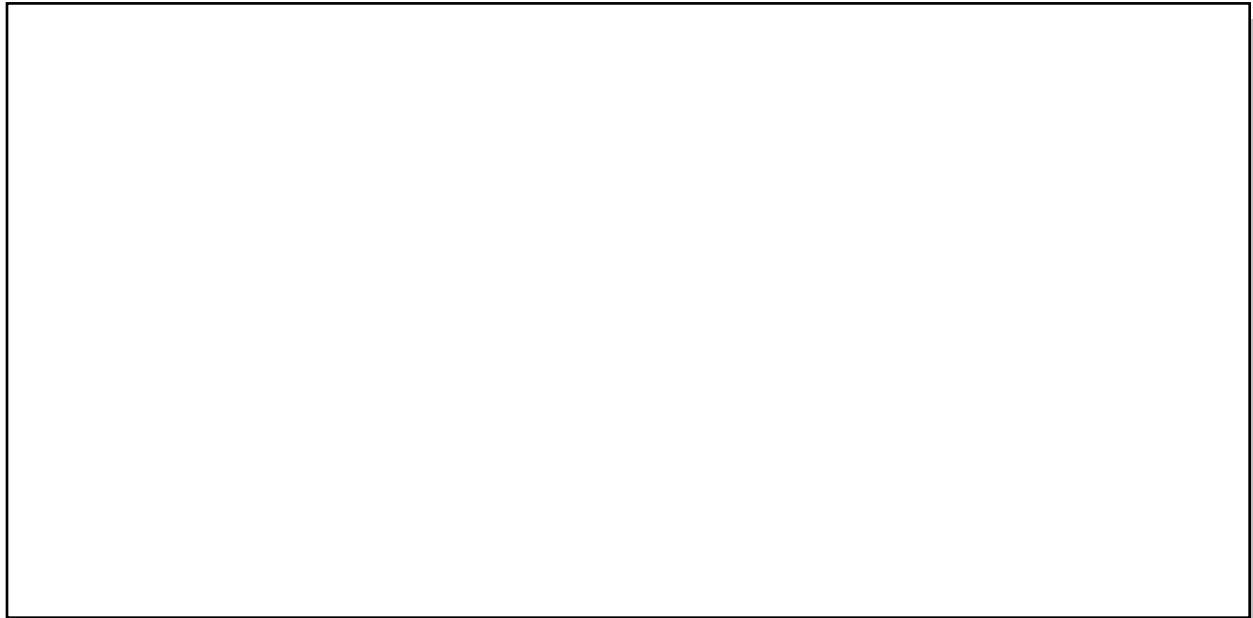
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Reflection Sheet

Embody the caring/healing perspective

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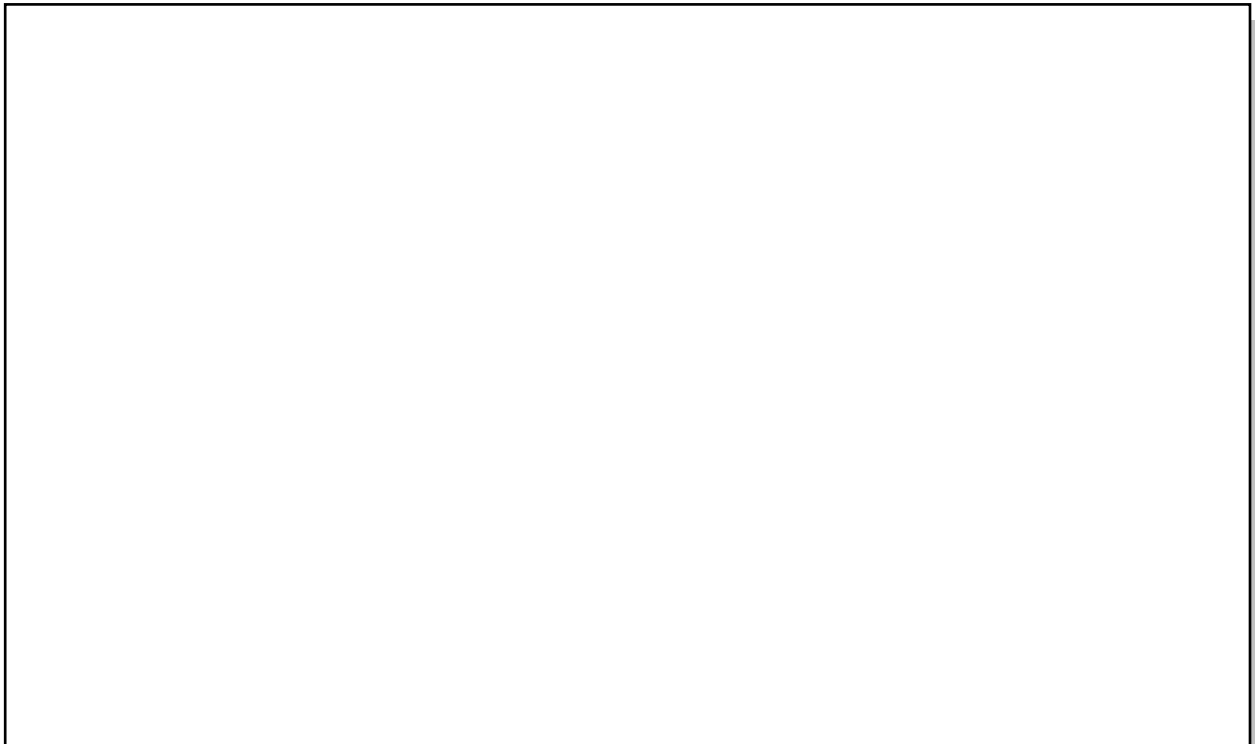
Lead with your energy – WHILE you work!

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What gets in the way of practice? How to overcome?

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What cues can you use to practice at work?

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Action Plan

My biggest insight from this workshop...

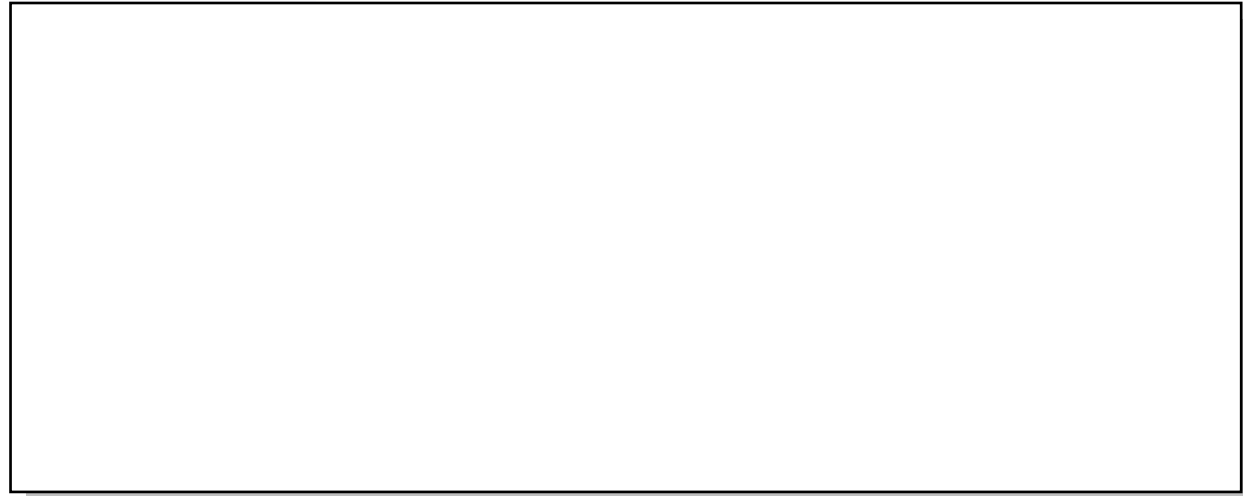
*Three actions I will take in my workplace...
(Actions may be internal or external)*

1.

2.

3.

Notes



References and Further Reading

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- Foureur, M., Besley, K., Burton, G., Yu, N. & Crisp, J. (2013). Enhancing the resilience of nurses and midwives: Pilot of a mindfulness-based program for increased health, sense of coherence and decreased depression, anxiety and stress. *Contemporary Nurse*, 45(1), 114-125.
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