

A decorative illustration of a dark brown branch with several pink cherry blossoms in various stages of bloom, set against a light pink background with faint floral patterns.

Registered nurse. Heal thyself.

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Session Purpose

The purpose of this session is to introduce mindfulness techniques that may be utilized in daily life to bring awareness and, protect and support our health.



Session Objectives

At the end of this session, participants will be able to:

- identify symptoms of stress;
- define mindfulness;
- define noticing
- define meditation

Gentle landing...



The background of the slide is a soft pink gradient. In the top-left and bottom-left corners, there are decorative elements of cherry blossom branches with pink flowers and buds. The text is centered in the middle of the slide.

Consequences of Stress



Addictions



Anxiety



Burnout



Dis ease

Disease



Dis stress

Distress

Eustress



Emotional Deregulation



Exhaustion



Low sense of personal
accomplishment



Working too much

The image features a decorative background of pink cherry blossom branches with dark brown trunks and light pink flowers, some with yellow centers. The branches are positioned on the left side of the frame, extending towards the center. The background is a soft, light pink gradient.

Being versus doing

Mindfulness

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”

(Kabat-Zinn, 2005).



Mindfulness

- Intention
 - a commitment to carrying out an action or actions in the future
- Attention
 - selectively concentrating on a discrete aspect of information
- Active listening
- Humble inquiry
- Attitudes
 - positive



Mindfulness

- Emotional regulation
- Curiosity
- Human being vs. human doing
- Well-being
- Gratitude
- Non-judgmental
 - What is, as is



Noticing

- Noticing is mindfulness

(Buddhist definition)

- “Mindful means

- being aware of our present moment experience,

- including our thoughts, feelings, intuitions, internal experiences, bodily sensations, sounds, sights, and other sensory input. “

(Lake, 2015)



Awareness

- Thoughts
- Body perceptions
- Feelings
- Sounds



Same room different doors

- Yoga
- Sitting meditation
- Walking meditation
- Body scan

Meditation

- Awareness
- Thoughts
- Concentrated focus on the breath

Questions & Feedback





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