Registered nurse. Heal thyself.

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2018 Future of Nursing Annual Summit
5 June 2018
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...
Consequences of Stress
Addictions
Anxiety
Burnout
Dis ease

Disease
Dis stress

Distress

Eustress
Emotional Deregulation
Exhaustion
Low sense of personal accomplishment
Working too much
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

The best teachers are those who show you where to look, but don't tell you what to see.

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