



Mindfulness Training: Building a Supportive Environment

Creating Healthy Work Environments
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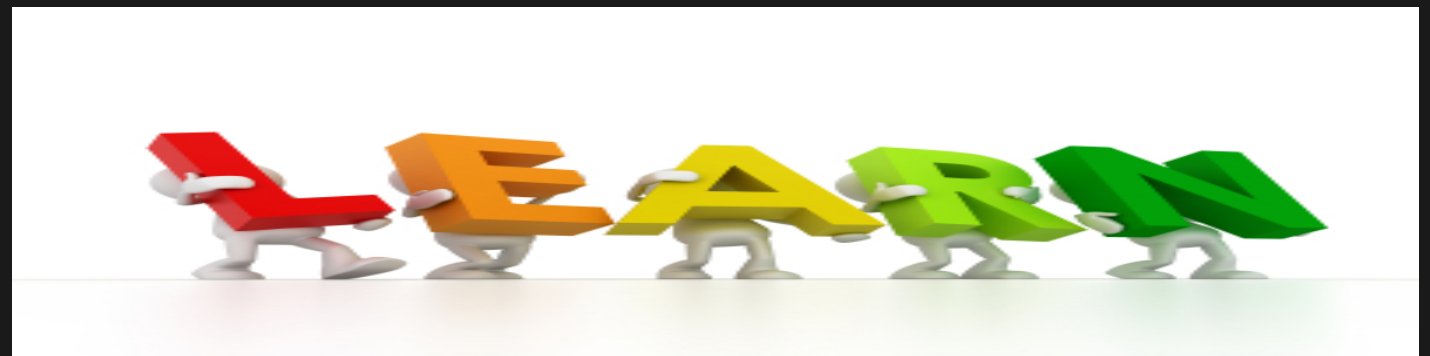
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Objectives

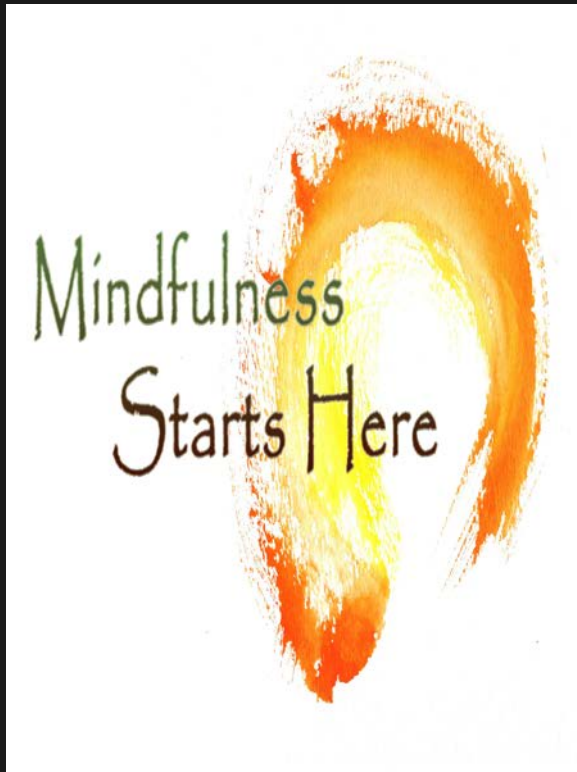


The learner will be able to identify strategies for assisting health care providers to address stress and anxiety within the work setting.

The learner will be able to discuss the challenges, barriers, and avenues encountered within the work setting which can impact a healthy work environment.



Mindfulness Overview



- What is it?
- What types of activities are included within a program?
- What does the literature say about the ideas?

Mindfulness Strategies

- Power of Breath
- Delight of Senses
- Mind Calming
- Healing Words
- Focusing
- Quieting the Noise



Pilot Study

- Growing Concern with Staff Members
- Coping with inconsistent priorities, harmonizing opposing loads, processing persistent challenges, and ambiguity in a multifaceted milieu
- IRB approval
- Marketing
- Expectations
 - 6 weekly sessions
 - At least 5 minutes daily
 - Attending debriefing sessions
 - Completing homework assignments
 - Journaling



Barriers, Challenges, and Successes

- ❖ Time commitment
- ❖ Necessity of a mentor/coach
- ❖ Generational, cultural, and professional challenges
- ❖ Reality vs expectations
- ❖ Debriefing sessions
- ❖ Realization of what can be accomplished



Where do we go NOW???

- Resources to use
- Strategies to develop
- Skills and techniques



Questions?

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