

Mindfulness in Nursing: The Power of Engagement

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Mindfulness is

Paying attention in a particular way;
On purpose, in the present moment,
and **non-judgmentally**" *(Jon Kabat-Zinn, 1994)*



Multitasking



Mindfulness enhances management of

Anxiety

Depression

Trauma reactions

Stress disorders

Eating disorders

Addictions

Chronic Pain

Rheumatoid arthritis

Cancer

HIV

Fibromyalgia



Mindfulness promotes

Academic performance

Positive mood and self awareness

Mental clarity and memory



“Mindfulness Can Literally Change Your Brain”

HARVARD BUSINESS REVIEW

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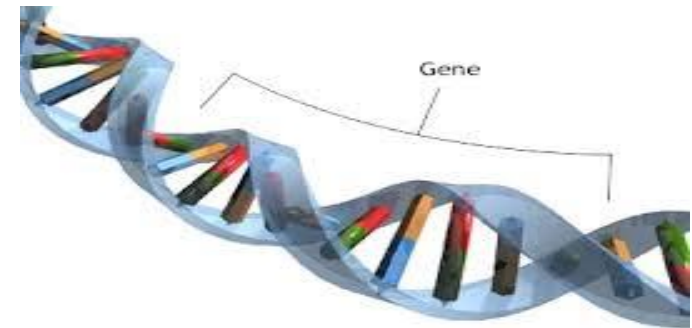


Benefits of mindfulness

Reduced levels of pro-inflammatory genes

Faster cortisol recovery

Lengthening of telomeres



Mindfulness promotes

Productivity

Quality of life

Compassion and empathy

Creativity

Emotional stability



Professions practicing mindfulness

Psychology

Medicine

Law

Educators

Military

Sports

Business



Corporations with mindfulness programs

Sony

IKEA

Nike

Roche

Apple

Google

American Express

Johnson & Johnson

Microsoft

L'Oréal

GE

eBay

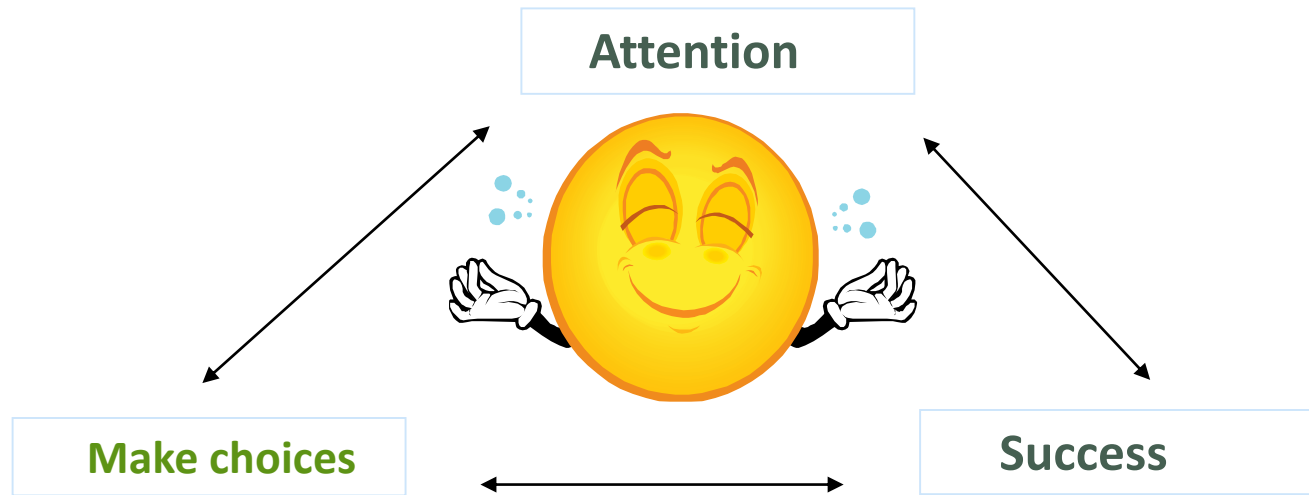


Mindfulness in Nursing

Increase productivity
Improve relationships
Increase focus
Decrease errors
Decrease stress
Manage distractions
Promote work satisfaction



Mindfulness



Resources

Books

- Mindfulness in Plain English. Bhante Gunaratana
- Hurry Up and Meditate: Your Starter Kit for Inner Peace and Better Health. David Michie

Online

- Center for Mindfulness University of Mass.
- Mindfulness stress.org



*Be Mindful
Today!*

