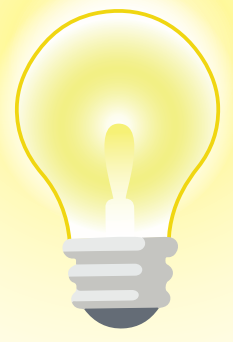


Cycle of Calm

Three Moments of Mindfulness

Three Motivations of Mindfulness



RE SET

Breath IN

Position 1 – Lower Abdomen

Position 2 – Outer Ribcage

Position 3 – Upper Chest

Expansion

RE SET

Breath OUT

Position 3 – Upper Chest

Position 2 – Outer Ribcage

Position 1 – Lower Abdomen

Deflation

Connection

1

Kindness
Caring
Compassion

RE SET

Breath

2

Disconnection

3

Reconnection

Mindful Healthcare

One

RE SET

Breath at a time

Patient Focused
Patient Centred
Mindful Healthcare

