

# A Moment of Mindfulness

## A Source of Professional Well Being

### A Nurse's Mindful Transformation



anger  
arguing  
blaming  
attacking  
defending

delay  
retreat  
absence  
avoidance

overwhelmed  
internal paralysis  
inability to respond

Guilt  
Shame

ME

Survival

RESET  
Breath

Calm, Clarity  
Decision Making

3  
2  
1  
Intention  
Attention  
Attitude

RESET  
Breath

WE

Compassion  
Connection  
Community

Is Your Brain Online?

Sensory Input  
Amygdala  
Prefrontal  
Cortex

#### Start Here

##### Inhalation Count 1, 2

Inhale through your nose

Place your left hand underneath your belly button (Position 1)

Count 1 – Feel your abdomen expand like you are blowing up an abdomen balloon

Place your right hand on your outer right ribcage (position 2)

Count 2 – Feel your outer ribcage expand

##### Exhalation Count 2, 1

Exhale through your nose or mouth

Count 2 – Feel your outer ribcage deflate

Count 1 – Feel your abdomen deflate

##### Inhalation Count 1, 2, 3...

Inhale through your nose

Count 1 – Feel your abdomen expand

Count 2 – Feel your outer ribcage expand

Count 3 – Feel your upper chest expand

##### Exhalation Count 3, 2, 1...

Exhale through your nose or mouth

Count 3 – Feel your upper chest deflate

Count 2 – Feel your outer ribcage deflate

Count 1 – Feel your abdomen deflate



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