

26th WORLD NURSING EDUCATION CONFERENCE

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Mindfulness and compassion training in nursing

Carmel Sheridan

Psychotherapist and Mindfulness Trainer in private practice, Galway, Ireland

Mindfulness and compassion — the practices of focusing awareness on the present moment, and relating kindly to ourselves and others — offer nurses powerful resources to cope with stress, resulting in improved self-care and better patient outcomes. To nurse mindfully, you need to be mindful. There's no way around it. Being totally present with your patients is the greatest gift you can give to them.

In light of this, the first part of this session will be largely experiential in nature, beginning with a guided mindfulness practice so that you can first learn to embody the practice. Exercises and meditations from the new book, *The Nurse's Guide to Cultivating Mindfulness and Compassion*, will be used to explore the benefits and value of cultivating mindfulness and self-compassion.

The benefits of mindfulness and compassion practice have been well researched. These practices enhance physical and emotional well-being, help cultivate presence and empathy in everyday life, improve awareness and attention, and boost compassion for oneself and others.

Current research highlighting the benefits of mindfulness and compassion practice will be explored. You will walk away with tangible tools that will build resilience and foster mindfulness by bringing a kind attention to the here and now. Using an interactive and experiential format, the workshop will deepen your understanding of how these practices can be easily integrated into your workday and help you to:

- Nurture others without depleting oneself
- Overcome compassion fatigue and burnout
- Decrease frustration and job overwhelm
- Reduce mistakes through managing attention
- Respond rather than react to crises.

info@nursingmindfully.com