


**Mindfulness:  
Taking care of  
you as you  
take care of  
others.**

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Assistant Professor, ICHS



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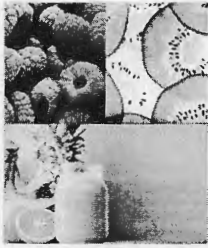
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**Learning Objectives**

Objective one: The learner will use the concept of health promotion and maintenance for self care.  
Objective two: Identify two EBP causes of burnout.  
Objective three: Identify common symptoms people experience when stressed.  
Objective four: Demonstrate 2 stress reduction techniques.  
Objective five: Create a self maintenance plan.

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**Introduction**

The journey of mindfulness through the pandemic: a story of self-preservation.

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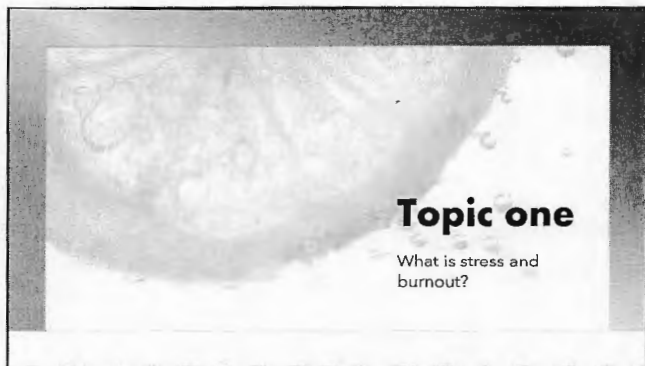
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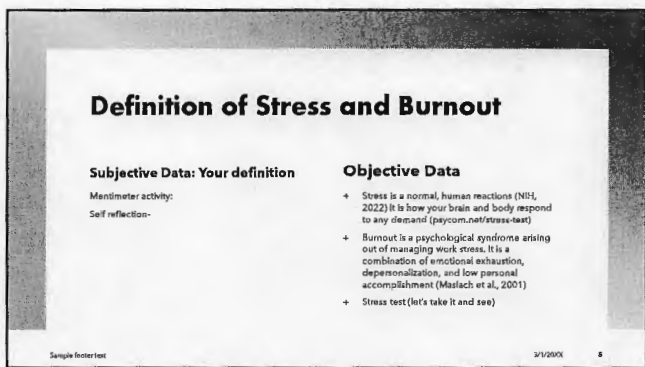
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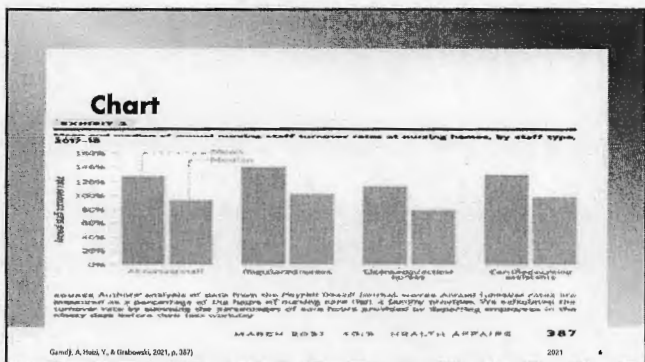
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### EVP; Causes of Burnout:

- Prolonged occupational stress**
  - Prolonged occupational stress is a principal component rooted in emotional exhaustion, depersonalization, and reduced feelings of personal accomplishment. Maintaining the right work-life balance involves many components: demanding work, socialization, and sleep (Larri, 2021, p.10, 11)
- Lack of well-being support**
  - Press Ganey study results from the Cleveland Clinic June 2020 with approximately 70,000 caregivers in their network. Results: 81% needed more well-being support as soon as possible. The public survey offered insight into how COVID-19 was already affecting caregivers (Minceak, K, et. al, 2021, p. 6)
- Low sense of belonging**
  - Low affective commitment means that nurses have a low perception to be part of the hospital organization. They have a low sense of belonging and not happy to be part of the nursing team in these hospitals (Werning, W, et. al, 2021, p8)

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## Topic three

Self-Maintenance Plan:  
I-CARE

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### CARE: Break it down and plan items you would like to commit to-put daily, weekly, monthly next to the item.




**C:** Comfort-get 6 hours of sleep daily



**A:** Attitude of gratitude: tell, or write a thank you to 1 person daily



**R:** Read-a book a month



**E:** Exercise 35 minutes, 5 times per week: Walking Briekly

ICARE Plan for personal wellness 3/1/20XX 9

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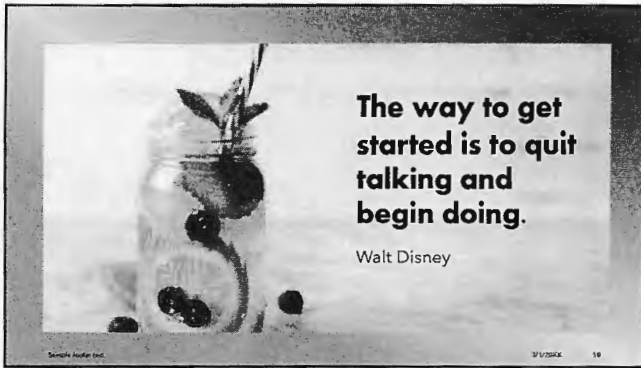
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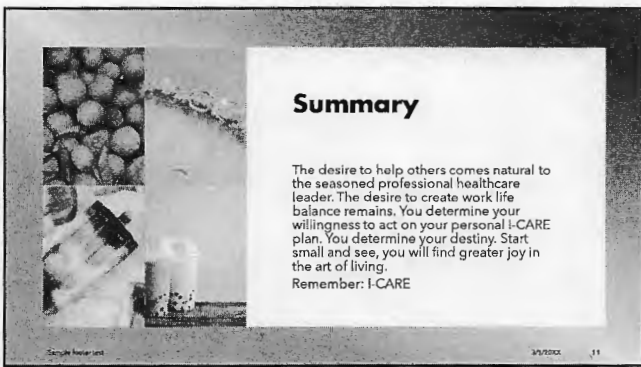
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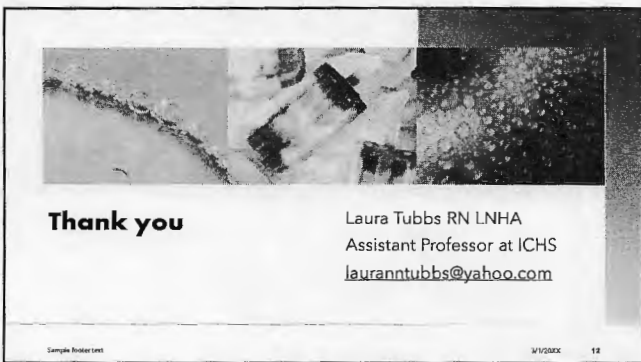
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