

[One Minute Mindfulness]

Mindfulness is a core component of your Burnout Prevention STRATEGY
=> Make it a HABIT

Mindfulness: Being _____ to what's happening here and now

Releasing _____ and feelings that keep you from this present moment

Your _____ Attention

THE SQUEEGEE BREATH

Cleaning the "Window of Your Awareness" Bringing You Back to the Present Moment

NOTICE you are distracted by _____ and feelings

1) Set Your INTENTION to Release and Return to the Present

2) INHALE up to the Top of Your Head ...

Hold In & Count - 2, 3

3) EXHALE to the Bottom of Your Feet ...

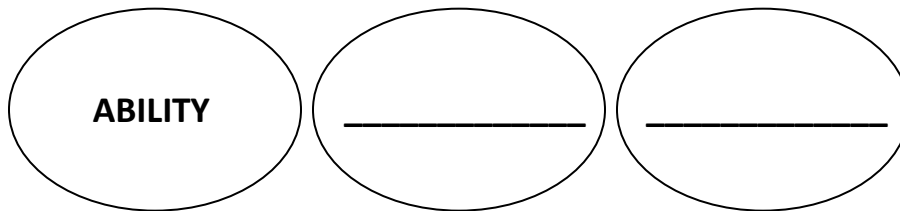
Hold Out & Count - 2, 3

4) SMILE and say "Ahhhh" as you breathe normally

Release any unsupportive thought or feeling as you exhale.

GIVE IT UP TO THE _____

HABIT FORMATION SCIENCE



WHAT IS YOUR TRIGGER? _____

MORE TRIGGERS

Phones & Beepers, Walking, Bathroom Breaks

Red Lights / Computer freezes

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PRACTICE MAKES _____ You are now a SqueeGee _____

MINDFUL LEADERSHIP

Mindful Role Changes

Doctor <-> Home <-> Charting <-> Leader <-> Doctor

Squeegee to Clear and _____ Change Your _____

Notice the Opportunity to

- Ask a _____ Rather than give an _____

- Say _____

What is your Optimal Role? Team Player – Team Captain - _____ - CEO

STOP MULTI-TASKING

Multi-Tasking makes you _____

_____ Necklace technique

Sequential _____ Tasking

Squeegee between each Action Step and each _____

Each task receives your _____ attention.

What did you learn?

What is your Squeegee trigger?

How will you remember to breathe and change hats?