

Tennessee Hospital Association  
Well-being Webinar Series Handout #2  
**Webinar 2: Mindfulness Practices to Boost Your Well-being**  
September 21, 2022

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### Peacefinder Practices

<input type="checkbox"/> Press pause	<input type="checkbox"/> Repeat affirmations 7 times
<input type="checkbox"/> Feel your breath	<input type="checkbox"/> Slow down
<input type="checkbox"/> Count your breath	<input type="checkbox"/> Smile
<input type="checkbox"/> Close your eyes	<input type="checkbox"/> Pay Attention to all senses
<input type="checkbox"/> Do a 30-second body scan	<input type="checkbox"/> Excuse yourself

### Practicing Mindfulness Regularly Will Help You...

✓ Be more mentally flexible and insightful	✓ Lower your blood pressure and lessen your triggers
✓ Focus more easily and make better decisions	✓ Improve sleep quality and your immune system
✓ Cultivate self-awareness and emotional self-control	✓ Increase your productivity and level of resiliency.
✓ Feel more competent in all your roles	✓ Feel more compassionate towards others and yourself
✓ Conquer burnout, anxiety, and chronic stress	✓ Improve your relationships and social awareness
✓ Strengthen your ability to learn, remember and empathize with others	✓ Increase positive emotions and level of optimism

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**Resources for Webinar Content:**

<https://www.fastcompany.com/90683396/your-brain-needs-you-to-focus-on-one-thing-at-a-time>

<https://www.nurse.com/blog/2022/05/06/self-care-for-nurses-starts-with-leaders-support/>

<https://greatergood.berkeley.edu/topic/mindfulness/definition#why-practice-mindfulness>

<https://www.forbes.com/sites/drewhansen/2012/10/31/a-guide-to-mindfulness-at-work/?sh=617d58e425d2>

<https://www.healthleadersmedia.com/nursing/national-nurses-week-2022-feature-mary-sullivan-smith-creating-healthy-work-environment>

<https://health.clevelandclinic.org/practice-mindfulness-to-improve-your-well-being-11-tip>

<https://www.youtube.com/watch?v=5QVqMaWrP-s>

<https://health.clevelandclinic.org/what-is-mindfulness/>

<https://www.latimes.com/lifestyle/story/2022-03-29/how-to-be-mindful-while-stuck-in-traffic>

[https://www.amjmed.com/article/S0002-9343\(17\)30633-2/fulltext](https://www.amjmed.com/article/S0002-9343(17)30633-2/fulltext)

<https://www.themindfulnessinitiative.org/Handlers/Download.ashx?IDMF=6e543eb7-c5b6-4d3c-a537-6a2961965887>

<https://cih.ucsd.edu/mbpti/blog/mindfulness-training-makes-better-leadership-better-companies-and-better-people>

This document was prepared by  
Jennell Evans, Co-founder, Strategic Interactions, Inc.  
[jevans@strategicinteractions.com](mailto:jevans@strategicinteractions.com) <https://jennellevans.com/>