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Happy Nurses Week 2015!

Self-care for the Caregiver

Put on your oxygen mask first!
Stress - Whether Real or Perceived

Cortisol and other stress hormones enter the blood stream and bathe every cell in the body

Sleep deprivation, caffeine and alcohol all increase cortisol, augmenting the very stress we seek to combat!

Chronic Stress Is Pervasive

69% of Americans say work is their main source of stress

1 Million Americans miss work each day due to stress costing $300 billion!

75% Or as high as 90% of visits to Primary Care Physicians are stress related
Distraction Is the Norm . . .

. . . and multitasking comes at a cost

- **40%**: Drop in productivity when multitasking
- **50%**: Longer to complete a task when multitasking
- **50%**: More errors when multitasking
23% of shift workers have difficulty concentrating

18% have trouble remembering things
Mindfulness Offers a Solution

Mindfulness is the practice of paying attention in the present moment, with openness, acceptance and non-judgment.

- Mindfulness fosters **patience, trust** and a **beginner’s mind**.
- Mindfulness helps us **connect** and **attend**.
- **Attention** impacts **performance** and enables **better decision making**.

Developing and deepening our mindfulness capacity requires practice and exposure!
The Science of Mindfulness

Research finds that mindfulness:

- Enhances working memory & improves attention
- Lowers inflammation & boosts immune response
- Cultivates empathy, compassion & happiness
- Reduces chronic pain, lowers anxiety, & improves sleep

Changes the structure and function of the brain!
Mindful Care Delivery

Reduce burnout and stress

Improve patient-centered care!

Build

✓ Compassion
✓ Teamwork
✓ Communication

Improving the quality and safety of care!
Moment Health Nursing Study

• Published in Journal of Workplace Behavioral Health

• Moment Health curriculum delivered in person and telephonically to UnitedHealth Group nurses

• Results measured immediately after program end and 4 months after

• Participants showed improvement in general health, stress, burnout and improvement in several other areas

• Improvements maintained 4 months post-program, with individuals who sustained their practice demonstrating the best outcomes

Better Health

Decreased Stress

Lower Burnout
Why Gratitude is SO Good for Us?

Gratitude is an affirmation of goodness and a recognition of the sources of goodness in our lives.

Science shows that:

• Gratitude allows us to celebrate the present.

• Gratitude blocks toxic, negative emotions.

• Grateful people are more stress resistant.

• Grateful people have a higher sense of self-worth.

Source:
Greater Good Science Center, Robert Emmons
Ways to Become More Grateful

1. Keep a gratitude journal.
2. Use visual aids.
3. Set an intention to be more grateful.
4. Look for new situations in which to feel grateful.
5. Go through the motions: smiling, saying “thank you”, writing letters of gratitude.
What Stops Us From Being Mindful?

• I’m too busy, I don’t have time
• I can’t sit still for that long
• My mind won’t stop wandering
• I’ll never be good at this
• It’s all weird New Age hype
Thank You

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To learn more about Moment Health or to inquire about bringing Mindfulness to your team please visit www.momenthealth.com or email contact@momenthealth.com
Open Dialogue / Q&A


References


Meeting Behavior Survey (2012), Survey conducted by FuzeBox.


Resources: Books

**Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness** – Jon Kabat-Zinn

**Mindfulness and YOU: Being Present in Nursing Practice**  
– Dawn Bazarko

**Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World**  
– Mark Williams

**Fully Present: The Science, Art, and Practice of Mindfulness**  
-- Susan L. Smalley and Diana Winston
Resources: Books

Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom
– Rick Hanson

Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace) – Chade Meng Tan

Awakening Joy: 10 Steps to Happiness – James Baraz

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story – Dan Harris
Resources: Favorite Apps

- Insight Meditation Timer
- Mindfulness Training App
- Breathe Meditation App
- My Headspace: offers free 10-day trial