CONTENTS – Mindfulness and You: Caring for the Caregiver (2014)

Why Mindfulness? Stress in the Healthcare Workplace

Impact of Stress on Health and Well-being

Signs of Stress

The Mind–Body Connection

Examples of Mind–Body Therapies

Integrating Mindfulness into Nursing Practice

Qualities of Mindfulness and Their Implications for Nursing Practice

The Science of Mindfulness

A Mindfulness Experience

Mindfulness and Patient Safety

Mindfulness Practices

Developing Your Mind–Body Connection

Starting a Meditation Practice

STOP: Moving Out of Autopilot

Relational Mindfulness

Bringing Mindfulness into the Workplace

The Path to Mindfulness

A Guide for Your Mindfulness Journey

References

Suggested Readings and Resources