

Mindful Practice

Speaking with Patients and Family



Each conversation you have with patients or family is an opportunity to be mindful.

Prior to the interaction:

- Pause

- Feel your feet on the floor

- Feel the air moving in and out of your nose

As you breathe in mentally repeat CALM

As you breathe out mentally repeat CARING

As you breathe in mentally repeat LISTEN

As you breathe out mentally repeat RESPOND

Begin a kind and caring conversation