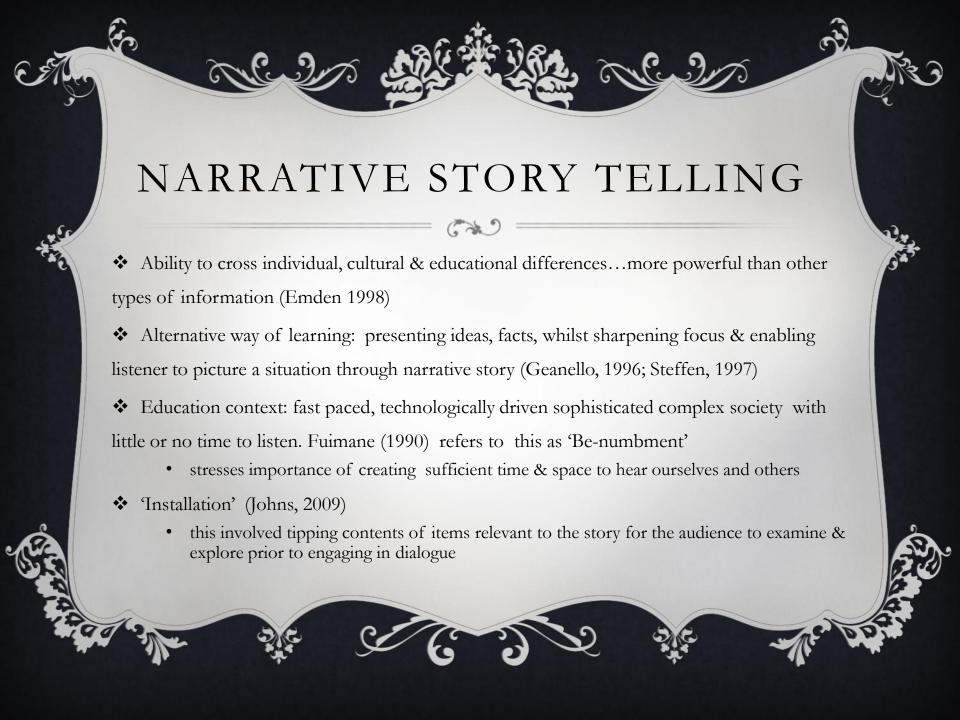




❖ Mindfulness is moment to moment awareness, being present ... there are many times when we operate on auto pilot, only partially conscious, often not in the moment...being partially conscious, we run the risk of missing the importance of making eye contact, of touching, and of being in our own body, being present & fully aware, these are essential skills for nurses and all health care clinicians.... (Kabat-Zinn, 1990).











REFLECTION'S

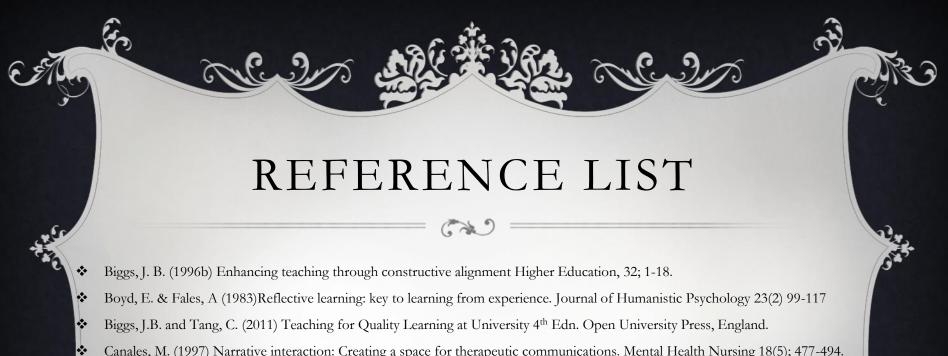
"Picture tells a thousand words"



- ❖ Real story
 - Vulnerability
 - Exposure
 - Being Human!
- Ownership
 - Learning & sharing from own experiences
 - Life long journey of learning
- ❖ Application to theory
 - Supported & unsupported by theory PP
- Engagement & dialogue
 - Communication & interpersonal skills
 - Reflective thinking
 - Feedback, Evaluation & Peer review







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