



# JUST BREATHE: SIX MINDFULNESS STRATEGIES FOR THE MODERN DAY WORKFORCE



*Mary E. Holtschneider, RN-BC, BSN, MEd, MPA, NREMT-P, CPLP, Simulation Education Coordinator  
Co-Director, Interprofessional Advanced Fellowship in Clinical Simulation*

*Chan W. Park, MD, FAAEM, Director, Simulation Education  
Co-Director, Interprofessional Advanced Fellowship in Clinical Simulation*

*Durham VA Medical Center and Duke University Health System, Durham , NC*

## Background

Stress and repeated exposure to unhealthy work environments can accelerate the path towards depression and clinician burnout.

Strategies to cultivate mindfulness in the workplace have been shown to positively impact self confidence, workplace collegiality, and reduce clinical errors.

Simulation Based Training provides the ideal experiential learning environment to safely practice and to learn how to implement these mindfulness strategies.

## Six Mindfulness Strategies Model

Pause for six seconds

Breathe consciously and deeply

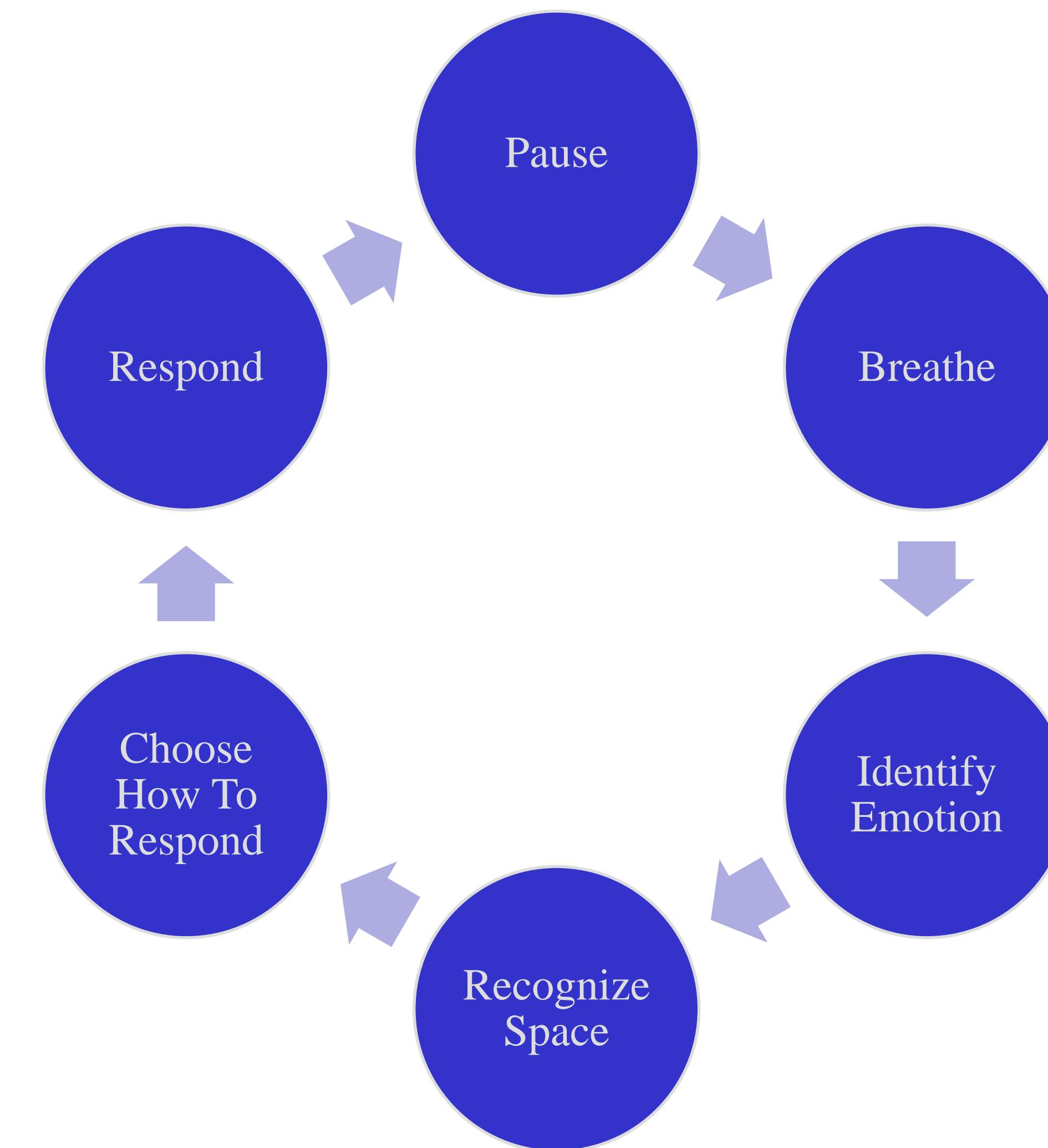
Identify Emotion for self, not the emotion of the other

Recognize space between stimulus and response

Choose how to respond

Respond in a measured manner

Six Mindfulness Strategies Model (on right) developed by Holtschneider and Park, reprinted with permission.  
Holtschneider, M.E. & Park, C.W. (2018). A tool for teaching six mindfulness strategies, *Journal for Nurses in Professional Development*, 34(4), 233-235.



## Conclusions

Mindfulness strategies are rarely taught or discussed during pre-professional training.

Students and experienced clinicians quickly realize the potential benefit of implementing several of the mindfulness strategies in their daily work life.

Simulation Based Training provides an ideal setting that allows safe and engaging dialogue to take place.

Longer term behavior change is currently being explored through follow up surveys of previous learners and other key stakeholders, including managers, educators, preceptors, and program coordinators.

## References

AACN Standards for Establishing and Sustaining Healthy Work Environments. Available at <https://www.aacn.org/~media/aacn-website/nursing-excellence/healthy-work-environment/execsum.pdf?la=en>

Roemer L, Williston SK, & Rollins LG. Mindfulness and emotion regulation. *Current Opinion in Psychology* 2015;3:52–57.

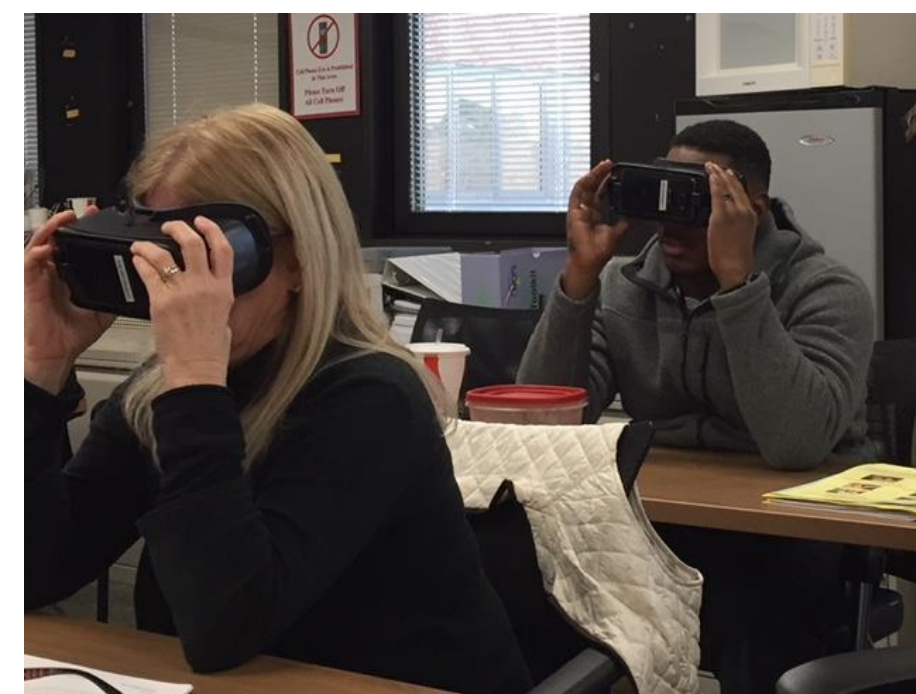
Mealer, M, Jones, J, Meek, P. Factors affecting resilience and development of posttraumatic stress disorder in critical care nurses. *American Journal of Critical Care* 2017;26(3):184-192.

## Objectives

Evaluate the effectiveness of using Simulation Based Training to introduce Six Mindfulness Strategies to healthcare providers.

Assess the effectiveness of Simulation Based Training for micro-learning opportunities to develop emotional self-regulation, foster collegiality, and to encourage responses that are measured to the situation.

## Methods



Conduct 30 minutes of simulation based training using focused micro-learning.

Learner groups to include pre-professional students, clinical nurses, respiratory therapists, pharmacists, physicians, educators, and managers.

Immersive simulation experience using virtual reality goggles followed by a targeted debriefing and group discussion on general mindfulness practices.

