



# Safeguarding the Well-Being of Healthcare Workers:

## *Mindfulness Tools for Stress and Trauma*

Training led by **Susie Gray Holden, NBC-HWC**

<https://susiegrayholden.com/mindfulness>

While the vaccine is arriving and hope is flourishing, the wounds of COVID-19 on healthcare workers continue to deepen. This on-going and unprecedented health crisis is leaving the caregiving community exhausted, raw and alone.

### How Can Mindfulness Help?

When fear and uncertainty persist, the mind races and chaos sets in with intruding, ruminating thoughts. Healthcare workers may find themselves “numbing out” to cope with the repeated daily overwhelm. Perhaps functioning more in an auto-pilot mode, just going through the daily motions to survive.

**Mindfulness helps** by teaching us to be in the present. Mindfulness is essential in helping to relate clearly in this difficult time.

### What you will learn:

- Evidenced-based mindfulness tools to return to the present moment
- Mindfulness practices in everyday experiences
- How to work with difficult emotions
- How to cultivate awareness and change relationship with physical pain
- Mindful movement to bring awareness back to the body
- Compassion practice to re-connect to self and others.

**There is no question that caregiving hurts physically, mentally and emotionally.**

Through small group discussion participants experience embodiment practices to manage stress and actively explore self-care measures. By safeguarding the well-being of frontline workers, healthcare professionals develop resiliency and a renewed sense of hope; which can deepen their care for each other and lead to renewed care for their patients. Please reach out to discuss how I can support your healthcare team. **Contact Susie at [susie@susiegrayholden.com](mailto:susie@susiegrayholden.com).**