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## Mindfulness in nursing

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Mindfulness in nursing involves teaching ourselves and our clients to take a few moments to be still and check in by with their body and mind and simply allowing any waves of thought, emotion or physical sensation. There is no need to judge, analyze or figure things out. Just allow yourself to be in the here and now, amidst everything that is present in this moment. Mindfulness is paying attention on purpose, in the present moment, to whatever arises or manifests without judgment. Mindfulness is simply observing, watching, examining, you are not a judge but a scientist. Mindfulness consists of cultivating awareness of the mind and body and living in the here and now. By adding mindfulness to traditional western medicine, we are allowing ourselves to tap into our inner pharmacy, to be open to the dynamic play between eastern and western medicine. By investing in Yoga, Meditation and Mindfulness, we can engage in healing and wholeness on a personal, as well as professional level. By sharing this with our patients, we can assist them in connecting with their inner healing and self-restoration.

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