

Welcome

Virtual Conference Reminders

- ✓ Attendee voice lines are muted and video is disabled
- ✓ Use the chat feature in the control panel function to ask a question
- ✓ For attendance and continuing education credit you must complete the following at the start of the session:
 - Text the SMS Code VOPKOM to 720-790-4423
 - OR**
 - Go to: <https://ce.childrenscolorado.org/code> & type in the code VOPKOM
 - Update your name on Zoom to include first and last name

Flourishing at the Bedside with Micro Practices of Pause, Presence, Purpose, & Peace

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"Tell me, what is it you plan to do

with your one wild

and precious life?"

— Mary Oliver

Invitation...

to be here

to pause and check in with yourself

to care for yourself & each other

Setting an Intention for yourself

What are you hoping you gain from today?



The goal right now is to ***Pause***,
Breathe, and to gently ***Build in***
Recovery to your days.

“Grow Stronger on the inside day
by day, so that in the long run almost
nothing on the outside can affect
your ***Inner Peace*** and ***Wellness***
without your conscious permission”
Marc Chernoff

Burnout

*A deep sense of entrapment in a life
deprived of heart, meaning and
connection*

Burnout is a crisis of Spirit



How ya
feeling?





What is Caring Science?

PHILOSOPHY

RELATIONAL CARING FOR SELF AND OTHERS BASED ON A MORAL
FOUNDATION OF LOVE AND COMPASSION

ETHIC

EVERYONE AT A BASIC HUMAN LEVEL DESERVES DIGNITY & CARE

PRACTICE

TEN CARITAS PROCESSES THAT FRAME LIVING FROM A HIGHER
HEART-CENTERED CONSCIOUSNESS



Sacred Moments of Care

Pause
Presence
Purpose
Peace



Pausing to Care

Catching up

&

Settling in



Presence

Awareness

&

Open Heart

When we close off our heart we close off
the very source of love and the human
connectedness that give us the life
generating force for this work
Jean Watson




Purpose

**What does this moment
demand from me?**

&

What am I able to give?




Maybe this one moment, with this one
person, is the reason you are here at this
time
Jean Watson

Peace

Setting it all down

&

Resilience = Re-Silience



What area
do I need
Rest in?



What could
Flow offer?

Frenzy to Flow

What does
Frenzy look
like/feel like
to you?



Closing

What are you taking away
from our time together?

