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 <u>VOPKOM</u> to 720-790-4423OR
 - Go to: https://ce.childrenscolorado.org/code & type in the code VOPKOM
 - Update your name on Zoom to include first and last name

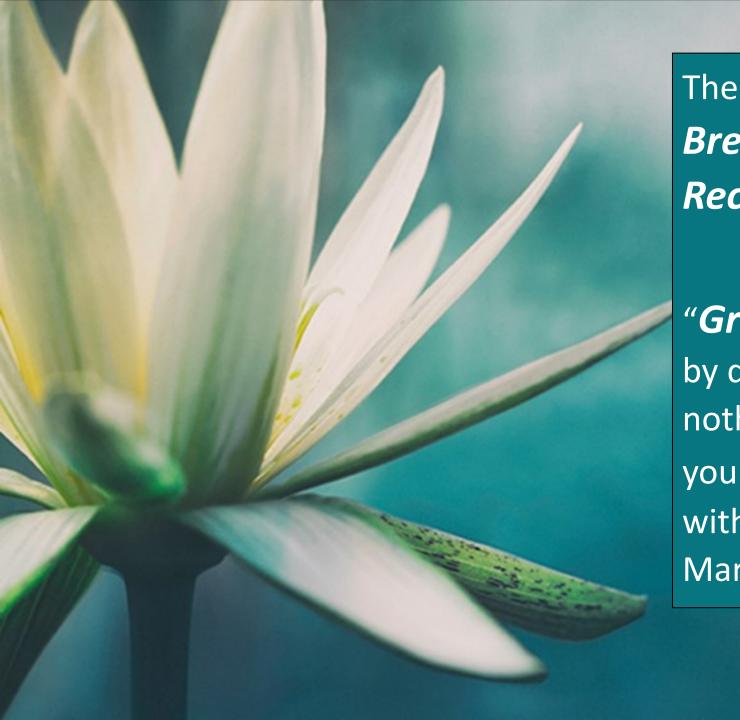


Flourishing at the Bedside with Micro Practices of Pause, Presence, Purpose, & Peace

Chris Griffin, PhD, RN, NPD-BC
Caritas Coach and Leader
Director of Nursing Practice, Policy & Caring Science,
Queens Medical Center, Honolulu, HI







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

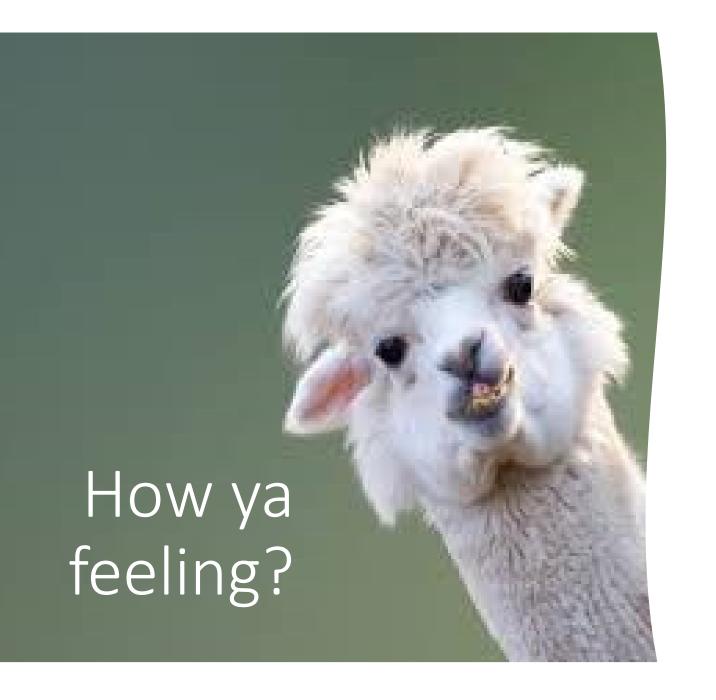
"Grow Stronger on the inside day by day, so that in the long run almost nothing on the outside can affect your Inner Peace and Wellness without your conscious permission" Marc Chernoff

Burnout

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

Burnout is a crisis of Spirit









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 of 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?

8

What am I able to give?

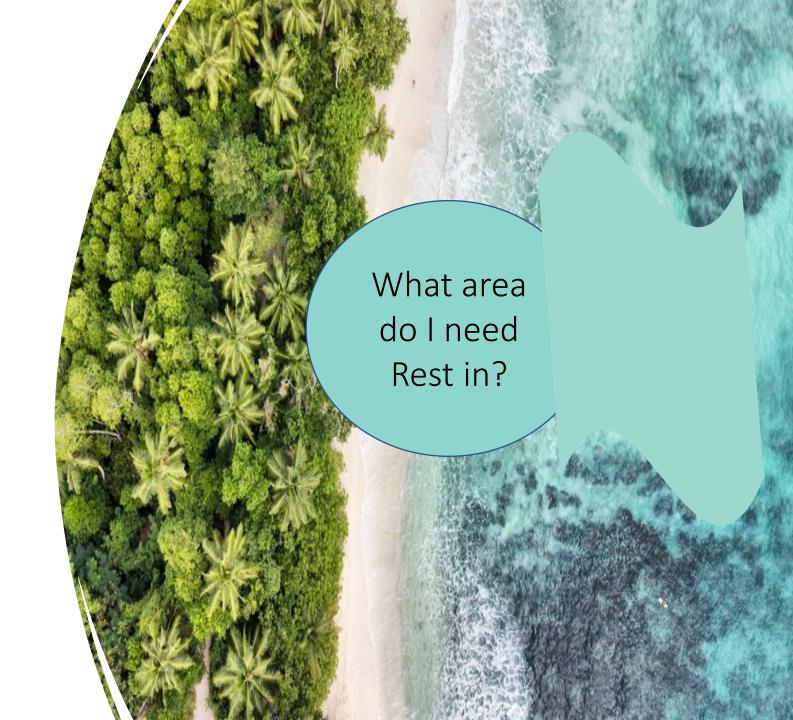


Peace

Setting it all down

&

Resilience = Re-Silience





What could Flow offer?

Flow

What does
Frenzy look
like/feel like
to you?



Closing

What are you taking away from our time together?

