



Leadership Matters

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Monthly Mindfulness Moment

Positive when you're Negative?

These are times when it's extraordinarily challenging to stay positive. Even as you bring positive thoughts into your mind, they are usually overwhelmed by negative ones. This is how an environment of fear works.

Negative energy and attitude severely influence your ability to provide optimum patient care.

To battle negative energy, spend just 1-2min before your shift reading a poem or passage from a book that can help you lift your spirit. This goes far to set the shift's tone.

Nurse Leadership Article of the Month: The Psychology of Crisis Leadership

By Gianpiero Petriglieri

Whether you are leader by position or a leader among peers, crises will test your grit, patience, and fortitude. In this article, learn how to acknowledge distress and difficulty without giving in to powerlessness.

Learn about "Containing & Holding" [here](#)

Connect to Purpose with this Story of Inspiration from our Bedside Warriors:

Read this touching story about Taylor Campbell and what a patient said to her after being extubated. I'm thinking of all of you & I'm grateful for your work.

Read Taylor's story [here](#)

Bushido Leadership is a community where leaders can learn to live by the Warrior's Code to serve patients, staff, and the people we love. To contribute an article or story, submit an [email request](#)

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