



# Leadership Matters

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## Monthly Mindfulness Moment

### Love is all there is...

Every inch of social distancing between us should be replaced with an active gesture of love and connection.

- Send a paper thank you note
- Make a real phone call
- Pick a shelter and send them something they need like toothbrushes, sanitizer, or soap.

When we are distant from our life's purpose of helping others, we easily become depressed and disengaged.

Find a new way to connect to that purpose this month. Any love you share will fill your own heart too.

## Nurse Leadership Article of the Month: Remote Influence of Nursing Leadership

By Angela S Prestia

In the face of a crisis like COVID-19, the leader-staff relationship can be strengthened. Inspirational messaging to reflect caring values can provide comfort and support. Read one Nurse Leader's "Monday Morning Messages" to inspire staff:

*The Cactus Flower, the Pivot, Groundhog Day, & Bricks.*

To find and share the stories with your team: [article](#)

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

Read about Jennifer Swain's efforts to save her first COVID-19 patient, who was given about a 10% chance to survive.

Read and see the interview [here](#)

**Bushido Leadership is a community where leaders can learn to live by their values to serve patients, staff, and the people we love.**

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