



Leadership Matters

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Monthly Mindfulness Moment

The Raisin Exercise

This is a great introductory exercise to do with any team and only takes a short moment. Take a raisin (or any object with unusual texture). Pay careful attention to:

- How the raisin looks
- How it feels
- How your skin responds to it
- How it smells or tastes

Even though you may be familiar with a raisin (or substitute), the act of focusing on something interesting is exactly what “presence” is and it’s how we practice mindfulness. In that moment, worry, frustration, and negativity are gone, and you can feel grounded for your shift.

Nurse Leadership Article of the Month: Aiding Staff Wellbeing & Resilience

By Hannah Woodford et al

This month’s article is about how to support wellbeing during COVID-19. Hannah and team report on several sessions done with over 250 nurses on staff. Use any of the five key points with your team to up your leadership game.

Read about the forums [HERE](#)

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

Read about Katie O’Brien, an ICU nurse serving a COVID-19 unit in Watertown, NY. Overwhelmed and facing danger every day, she calls herself “lucky.”

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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