



Leadership Matters

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Monthly Mindfulness Moment

Body Breathing

Body breathing is a simple act that can take less than 30 seconds to bring you into mindfulness and ease your anxiety, fear, or anger.

As you breathe deep, imagine a balloon filling in your left arm that goes all the way into your fingertips, then exhale and feel the balloon collapse. Repeat for legs, head, belly or anything physical.

This is a practice to focus you momentarily in the present; **Mindfulness!**

Nurse Leadership Article of the Month: A Nurse is a Trained Public Advocate!

By Rebecca Nelson

More and more nurses across the country hold seats in their state House of Representatives and Senate. They are vowing to use their expertise to improve the nation's health policies.

Read the article [HERE](#)

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

Watch this short video about Koree Pereira, an off-duty ED nurse who saved a man's life while out at a bar one night.

View the story [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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