



# Leadership Matters

October 2020 / Issue 2010

## Monthly Mindfulness Moment

### Breathe Boards

To give your team more opportunities to stay calm and practice mindfulness throughout the day, try posting breathe boards around your work areas or break rooms.

Breathe Boards use arrows to make a shape so you can follow the arrows with your pointed finger to take a few deep measured breaths.

Use [THIS pdf](#) for templates of Breathe Boards you can use anywhere.

### Nurse Leadership Article of the Month: 4 Ways to Strengthen Nursing Leadership

By Joanne Disch & Mary Beth Kingston

This month's article is about how to overcome challenges and push nurse leadership forward as a valuable voice in healthcare. It discusses how to use setbacks as fulfilling professional opportunities.

Read the article [HERE](#)

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

Watch this short video about Andrea Dalzell, a nurse and disability advocate. This amazing story is about her disability and her foundation to help people with disabilities get into healthcare.

View the story on GMA [HERE](#)

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# Leadership Matters

Sept 2020 / Issue 2009

## 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:

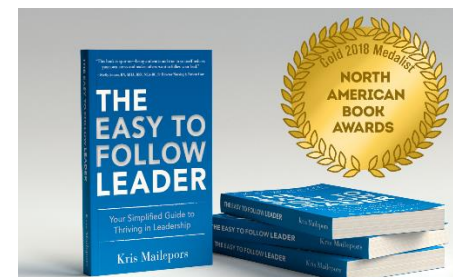
Read about Katie O’Brien, an ICU nurse serving a COVID-19 unit in Watertown, NY. Overwhelmed and facing danger every day, she calls herself “lucky.”

Read and see the interview [HERE](#)

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# Leadership Matters

August 2020 / Issue 2008

## 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:

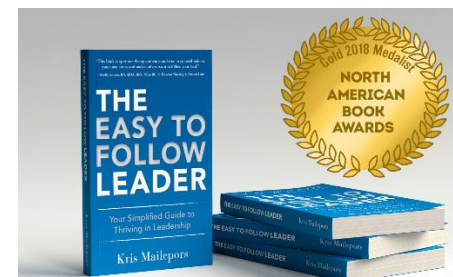
Read about Jennifer Swain's efforts to save her first COVID-19 patient, who was given about a 10% chance to survive.

Read and see the interview [here](#)

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# Leadership Matters

July 2020 / Issue 2007

## Monthly Mindfulness Moment

### Team Mindfulness

Because any mindful exercise needs to be performed regularly, have a group in the same unit/shift engage in the same practice.

*3 deep breaths for bedside shift report?*

*Team huddle starts with 30 seconds of quiet?*

This can provide the support, camaraderie, safety, and discipline to keep your mindful practice strong.

These actions, including the team doing it together, are key to battling long-term stress.

### **Nurse Leadership Article of the Month: Healthcare Workers are COVID's First Historians**

*By Ron Suskind*

From the perspective of the people fighting this battle, grief is the overwhelming theme. Ron Suskind is creating a body of work to transcend misinformation; share this widely!

See the start of his work [here](#)

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

Some of the work above is shown in this heartfelt video compiled of two doctors who have been fighting this battle every day.

View "COVID through the eyes of NY-Presbyterian Drs Lief and Griffin" [here](#)

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# Leadership Matters

June 2020 / Issue 2006

## Monthly Mindfulness Moment

**Crying is as healthy as laughing...**

These are frightening times. Most of us have been taught that crying is bad, embarrassing, weak, or ugly. Biologically, laughter and crying affect the same part of the brain.

Like laughter, crying relieves stress that we are otherwise unable to.

So, if the day has you overwhelmed, and you are mourning for times that are easier. Have a cry.

## Nurse Leadership Article of the Month: What Keeps Black Women Nurses out of Leadership Roles?

By Jennifer Thew, RN

After noticing black women were not well-represented in academic & healthcare leadership, one researcher was prompted to study what influences can impact black women from securing leadership roles

Learn about ways to grow Diversity & Inclusion [here](#)

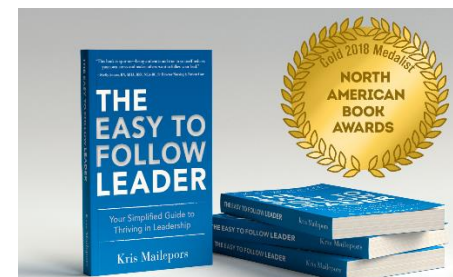
## Connect to Purpose with this Story of Inspiration from our Bedside Warriors:

In the Nursing profession, there is inspiration in every shift. Here is one nurse's story about the spark that made her become a nurse.

Read "Thank you Nana" [here](#)

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# Leadership Matters

May 2020 / Issue 2005

## 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](#)

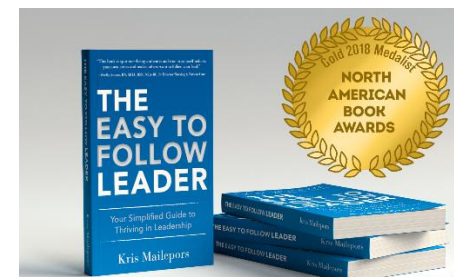
### Connect to Purpose with this Story of Inspiration from our Bedside Warriors:

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](#)

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# Leadership Matters

April 2020 / Issue 2004

## Monthly Mindfulness Moment

### The Power of Mantra

For many years, I didn't believe in the power of mantras. They seemed inauthentic. But I've seen people heal themselves and completely change their lives with them.

You can simply pause for ONE deep breath as you gel in/gel out of a room:

*"I am a FIERCE warrior against Coronavirus"*

*"I am called upon to protect the world"*

### Nurse Leadership Article of the Month: Kious Kelly – A Courageous Nurse Leader

As Featured on NBC Today

Kious Kelly was one of the many nurses sacrificing his own health to help patients with the coronavirus, and he himself tested positive. He died last week at age 48. Wille Geist shares this heavy tribute. I share this so we may remember what nurses are putting on the line for all of us and we may work together to STAY at HOME.

The amazing tribute of this incredible man is [here](#)

### HOPE HUDDLES

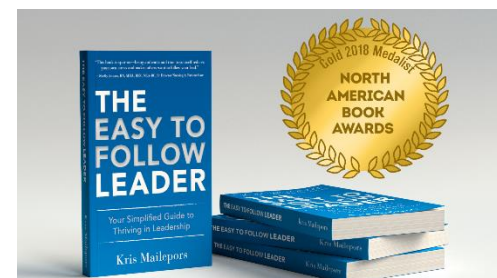
#### Inspiration from our bedside warriors:

Nurses fighting at the front lines of this pandemic are connecting with HOPE HUDDLES; a short team meeting to rally around good news of lives saved from COVID-19. Many teams skip huddles because of lack of time; I encourage all my Nurse Leaders to bring HOPE HUDDLES to their areas:

Learn more about Emily Faucett's story [here](#)

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# Leadership Matters

March 2020 / Issue 2003

## Monthly Mindfulness Moment

Hug Someone.

No, really.

Research has shown that HUGGING releases large amounts of oxytocin; the human pair-bonding hormone. HUGS are a behavior at the intersection of motor and emotional networks in the brain, so the act of hugging gives us a boost of energy and helps us serve our patients and teams.

### Nurse Leadership Article of the Month: Use a SOAP note for self-care

By Diana Page

Sometimes we forget self-care and our needs get lost in the shuffle of alarm bells, IV poles, and patient phone calls. A member of our Bushido Leadership Community and Facebook group, Diana volunteered this article to be featured this month. In it, she gives a wonderful model to stick to your self-care. THANKS DIANA!

You can read more about it [here](#)

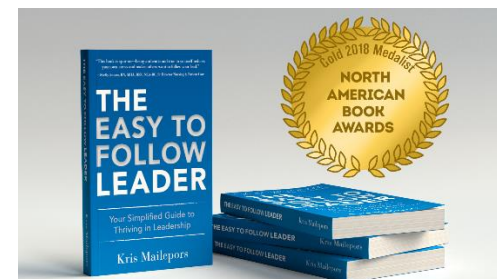
### Connect to purpose with this month's story of inspiration from our bedside warriors:

Nurses have training to save lives and they put it use every day. Sometimes we're lucky enough to have a nurse around when tragedy strikes.

Katie Patel of Florida rushed to save a young athlete struck by a baseball. Read her amazing story [here](#)

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# Leadership Matters

February 2020 / Issue 2002

## Monthly Mindfulness Moment

By Feb 1, an estimated 80% of all people have either *forgotten, ignored, or given up* on their goals. Whether your goal is fitness, personal growth, learning a language, or anything, try a technique rooted in neuroscience that gets actual behavior change; see my [video](#) for this game changer!

### Nurse Leadership Article of the Month: Robot Nurses: Is it really THAT Far Fetched?

By Carlos Feliciano

A member of our Bushido Leadership Community and facebook group, Carlos volunteered this article to be featured this month in the newsletter. In it, he addresses how robotics is helping bedside care where appropriate.

You can read more about it [here](#)

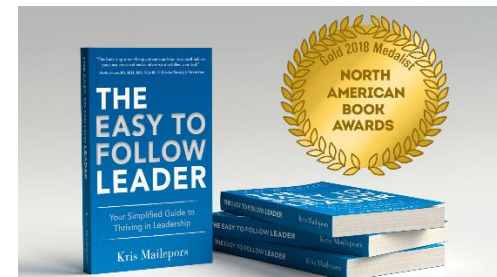
### Connect to purpose with this month's story of inspiration from our bedside warriors:

There are several things you need to work in a medical profession. Thinking quickly on your feet, being a problem solver, and having a healing touch are just a few.

Rebecca Capen has them all. There is something Rebecca Capen doesn't have and that's just one of the reasons she is an inspiration to so many. Read her amazing story [here](#)

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# Leadership Matters

December 2019 / Issue 1912

## Monthly Mindfulness Moment

As a care provider, you are bringing a tremendously valuable gift to the world; *compassion.*

Compassion is the vital emotional medicine that provides healing, comfort, hope, and inspiration for patients all over the world.

As you bring your gift to others during the holiday season, remember that countless patients are forever grateful for this gift they receive from you year-round.

You are loved.

### Nurse Leadership Article of the Month: Being a Nurse at Christmas

By Nursing Theory

As a nurse at Christmas, I feel privileged to be here with the patients during the holidays (...) To hear about family gatherings, special personal gifts, or funny events of people's lives is something I cherish. Being a nurse at Christmas is special.

See more [here](#)

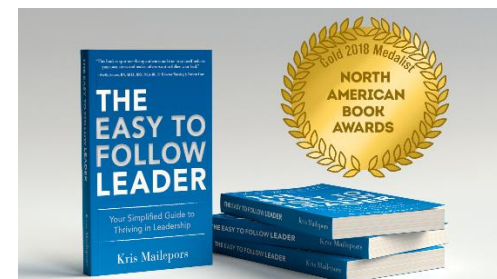
### Connect to purpose with this month's story of inspiration from our bedside warriors:

In an article titled "Please Thank Your Nurse this Christmas" Anthony Youn, MD, writes about gratitude for a very difficult job: "Each Christmas, Nurses and Hospital Support staff juggle their work schedules and sacrifice their time, giving up their own Christmases, to accommodate the needs of patients"

Read the article [here](#)

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# Leadership Matters

November 2019 / Issue 1911

## Monthly Mindfulness Moment

Mindfulness is the effort that helps us recognize that the conditions of happiness are already in our lives.

You don't have to wait ten years (or any time) to experience happiness.

Happiness is present at every moment of your daily life.

The mere act of breathing and noticing that breath allows you to touch the miracle of love and being alive.

This is the source of what makes human beings happy.

### Nurse Leadership Article of the Month: 10 Reasons to Be Thankful for Nurses

By QDNurses

There are a lot of reasons to be thankful on Thanksgiving; for your family, friends, careers, and for the healthy life you have today. Part of the reason why you and your loved ones are healthy and able to have a Thanksgiving Dinner is because of Nurses...

See more [here](#)

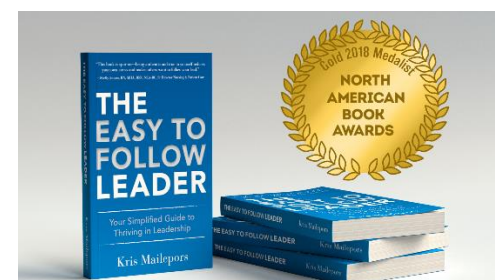
### This month's story of inspiration from our bedside warriors will leave you in tears:

In a job that can sometimes be thankless, Nurses give all of themselves every day. In this video, the team from the TODAY Show gives back to a nurse whose compassion went viral.

I dare you to keep a dry eye: [here](#)

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# Leadership Matters

October 2019 / Issue 1910

## Monthly Mindfulness Moment

Your Business moves quickly. It's already October! You blink and a month has gone by. Leaders consistently are neglectful of thanking the people who make them successful. If you ask any leader **"do you care about your people?"** they will give you an emphatic **"Of course I do!"**

I then ask them: **"what did you do this week to tell them that?"** They don't usually have an answer to that.

Everyone reading this has a direct report, a colleague or a friend who is important to their success. Tell them today you'd be lost without them.

### Nurse Leadership Article of the Month: Growth Mindset in Nursing Leadership

By Rose O. Sherman, EdD, RN, NEA-BC, FAAN

I am sometimes asked what I think is the single most important attribute needed by nurse leaders in today's environment. Without a doubt, I believe it is the ability to have and continue to cultivate a "growth mindset." Dr Carol Dweck, a researcher and professor at Stanford University, has been a pioneer in studying how transformative a growth mindset can be...

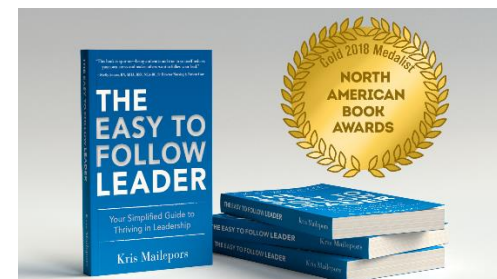
See more [here](#)

### Connect to purpose with this month's story of inspiration from our bedside warriors:

In September, Lia Gurevich was assigned to work in the ambulatory section for self-admitted patients. That assignment and a spur-of-the-moment decision to use a public restroom saved the life of a 46-year old Hafia resident. Read her amazing story [here](#)

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# Leadership Matters

September 2019 / Issue 1901

## Monthly Mindfulness Moment

At the start or end of your day, a **30 second pause** can make a big difference. In 10 deep breaths, you can “notice” your body part by part. Begin with your feet and scan ankles, shins, knees, etc. Are any parts tense, tight, loose, soft, etc? Just notice what each part is doing and move to the next part. This is a short grounding meditation and acts to bring you into the present moment. This exercise will help you process stress and emotional pain, enabling you to be fully present as a leader to those who depend on you every day to be a positive influence.

### Nurse Leadership Article of the Month: What Leadership Means to Me as a Nurse

By Jaana Seitovirta

For me, leadership means believing in and respecting human dignity. It means listening, inspiring and encouraging, being attentive, and upholding a rewarding culture. It means comprehensive management that constantly focuses on quality. Great nurse leaders (...) instill within their staffs a common vision in which high-quality patient care is key...

See more [here](#)

### Connect to purpose with this month's story of inspiration from our bedside warriors:

First an engineer, then a stay-at-home mom for 21 years, this anonymous 48-year-old nursing student (with four teenagers at home) was touched by the hospital care her severely disabled, non-communicative younger brother received before his death. Read about her triumphant third career [here](#)

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