



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](#)

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

Have you received your copy of our ground-breaking book yet? [Email](#) Bushido today for a free copy delivered to your kindle or a hardcopy to your home!

