

# Mindfulness + Nursing

## Nursing Journal Prompts ACTIVITY NUMBER ONE

Think about someone who inspired you to pursue nursing and write them a letter.

Dear:

I have been meaning to tell you:

I admire you for:

I remember when:

You have shown me:

You told me:

I'm grateful for:

I love you because:

Sincerely,

**LOVE: Active, self-giving concern for the well-being of others.**

**Thinking about a patient, fellow student or nurse you recently worked with that was difficult for you to work with, appreciate or love. Answer the following questions:**

**Why was this person was hard to love?**

**What are your thoughts about this person that prevent you from loving them more?**

**What conditions have you put on loving this person?**

**What does it feel like when you've chosen not to love with this person?**

**What would it take for you to love this person without conditions? What would need to change in the way you think about them?**

**List specific examples in which this person does something you don't like. What would it be like to love them at the moment?**

## ACTIVITY NUMBER THREE

**What are the top three emotions you feel during your clinical experience? Why?**

## ACTIVITY NUMBER FOUR

**What are the three emotions you want to feel?**

**What would you need to think about your clinical experience to feel this way?**

## ACTIVITY NUMBER FIVE

**Thinking about one patient you cared for today; What do you think were the top three emotions this patient felt today? Why?**

## ACTIVITY NUMBER SIX

**Fear: a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.**

**What are ways you might behave; either on purpose or unintentionally, that might create fear in patients?**

**What are ways you could “show up” or behave that might create a feeling of safety for patients?**