

STRONG MINDS CARING HANDS SELF-CARE & MENTAL WELLNESS WEBINAR BY:

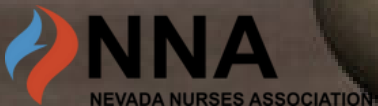
JESSICA WALLACE MSN,RN,PMH-BC

BEHAVIORAL HEALTH CLINICAL NURSING FACULTY, GRAND CANYON

MINDFULNESS
FOR NEVADA
NURSES

NOVEMBER 12TH
1:00 PM- 2:00PM

REGISTER NOW
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LEARN THE
PRINCIPLES OF
MINDFULNESS



RECOGNIZE THE
IMPACT OF STRESS
AND BURNOUT IN
NURSING



LEARN PRACTICAL
MINDFULNESS
TECHNIQUES



PSYCHOLOGICAL
SAFETY AND
SELF-COMPASSION



LEARN HOW TO
APPLY
MINDFULNESS IN
PATIENT CARE

