 

**PSYCHOLOGICAL INFECTION CONTROL**

**HOPE IN WORK**

PRE SHIFT: CHECKLIST INTO WORK

Hope in Work



**Refocus into Work**

**Remind re Knowledge**

**Repledge re Compassion to self and others**

**MINDFUL SCRIPT FOR: HOPE IN WORK**

1. REFOCUS

* Take a moment at the start of this shift to find your breath. Breathe in deeply and fill your lungs to full capacity and hold for a little moment and then release.
* Take a few deep breaths and connect with your breathing. Our breath is at the centre of our wellness.

1. REMIND

* As you prepare to move into this shift remind yourself of the skills and knowledge you bring with you into the shift.
* In remembering keep attention on your breath – notice if it shifts and becomes more rapid/ more shallow. Take control of it again, breathing deeply and controlled. Feel your centre return.
* Acknowledge that throughout the day you may lose sight of your skills/ feel anxious. What would you say to another shift with similar experiences?
* For a moment let yourself hear the same comment/message
* As you continue a calm breath squeeze together your thumb and middle finger of your right hand
* As you squeeze be reminded of your knowledge and skill set
* If you feel anxious throughout the day squeeze your two fingers together as a reminder of this and a re-centre to your breath and a trigger to return to the present

1. RE-PLEDGE

* For a moment gently close your eyes
* As you move into shift re-pledge what you can bring
  + I bring all my knowledge and skill
  + I bring my compassion and care to each patient
  + I bring my compassion and care to each colleague
  + I bring my compassion and care to myself
* I can do my best and expect no more of myself and of each other
* With your breath, embed those pledges into your shift
* With this breath leave all other aspects of you behind – move into professional you – leave the parent / the child/ the sibling / the friend to be picked up on your way home
* Be confident in the systems you have put in place for others’ care
* Focus on the shift and day ahead
* Through out the day as your mind moves into the past or the future
  + Remind yourself of your pledges
  + Repeat your comment to another shift
  + Squeeze together your fingers as trigger memories to focus on the present.

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