

Everyday EI



Emotional
Self-Awareness
and Mindfulness

Did you know...

Mindfulness can help you provide a palliative approach to care.

Practicing mindfulness enhances emotional awareness, empathy, and compassion, key for palliative care. It helps you build connections with patients and families by focusing on the present moment and understanding their emotions for more personalized care.

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Emotional
Self-Awareness
and Mindfulness

Did you know...

Being emotionally self-awareness can improve patient satisfaction.

Patients may not always remember the exact medical advice given, but they'll remember how their healthcare provider made them feel, influencing their overall satisfaction and engagement in their care.

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Emotional
Self-Awareness
and Mindfulness

Did you know...

Practicing mindfulness can physically change your brain.

Research shows practicing mindfulness thickens your prefrontal cortex, linked to better attention and decision-making. Through mindfulness, you'll experience sharper focus and make more informed decisions in complex emotional situations.

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Emotional
Self-Awareness
and Mindfulness

Did you know...

You can practice mindfulness every day.

Whether it's savoring your morning coffee or listening intently to a sound, these moments of presence can boost your emotional self-awareness and ground you in a healthy and positive way.

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Emotional
Self-Awareness
and Mindfulness

Did you know...

Mindfulness can reduce burnout symptoms.

Studies have shown that practicing mindfulness decrease stress, anxiety, and fatigue among healthcare providers. This means you can better manage compassion fatigue and manage your mental and physical well-being through mindfulness.

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Emotional
Self-Awareness
and Mindfulness

Did you know...

Practicing mindfulness is really easy.

By simply observing a color, feeling the air on your face, or touching something, you begin to become more mindful. These small steps can heighten your awareness of your own emotions and those of others.

Quick Tips for Using Emotional Intelligence in Palliative Care