As we have mentioned in some of our previous editorials, practicing critical care can be stressful. During the American Association of Critical-Care Nurses’ 2016 National Teaching Institute and Critical Care Exposition (NTI), one of the major themes was how to reduce global life stress. Multiple keynote speakers focused on mindfulness and mindfulness meditation as ways to achieve inner peace and meaningful life balance. In this editorial, we describe the concept of mindfulness and how mindfulness meditation can be used as a technique to alleviate stress, enhance resilience, and put oneself on the path toward inner peace. There is no need for us to define stress. We all understand what stress is. As a species, we humans tend to be overly consumed with what has happened in the past and what might happen in the future. While...
How to practice mindful meditation? Mindfulness and meditation are not the very different sides of the coin they are something that comes hand in hand. When you start getting into the process you will find it relaxing and overwhelming at the same time. While meditation will bring you closer to your inner self, mindfulness will help you stay in the moment and always be present with yourself completely. All it asks for is the focus and regular practice to meditate and be mindful. Notice where your mind goes: Inevitably, your attention will leave the sensations of the breath and wander to other places. When you get around to noticing this in a few seconds, a minute, five minutes simply return your attention to the breath. Meditation and quiet time makes an amazing difference in how we think about everything. A touch of mindfulness makes everything just a bit clearer. Read more.

4 people found this helpful. I expected a more thorough analysis of how to quiet the mind using meditation as the title says. I didn't find that in the book. It mostly puts some data, surveys and stuff meditation technics in a row that in my opinion don't serve the title of the book the title is misleading Read more. Helpful.

Top Keywords. search inner. 4. inner peace. 4. meditation search. 4. mindfulness meditation. 4. quiet mind. 4. mind mindfulness. 4. peace. 1. quiet. 1. mindfulness. 1. inner. 1. meditation. 1. search.