Welcome to Kind Minds, this is a Facilitated Reflective Group that is open to all staff. The session usually takes 20mins and we will try to do our best and finish on time. If you do have a mobile phone could you please turn it to silent so as not to disturb the sharing and meditation. We will use the Nursewell app by SESLHD as a resource for our reflection and meditation practices.

Invite someone to read the purpose statement

**Kind Minds Purpose Statement**

The purpose is to create a safe and nurturing space where likeminded health care workers can come together to cultivate kindness towards self and each other through reflection and mindfulness practices. The intention is to help lead the way towards enhancing a culture of wellbeing while building capacity for person centred care. The hope is that your participation in Kind Minds helps to support any other wellbeing practice you may be involved in while you work at Prince of Wales.

Begin with brief Introductions if people are new to the group, ‘name and where you work’  

We will begin Kind Minds with identification of Feelings / Emotions. Please take a copy of the feelings wheel which to help you identify a feeling or emotion that you are currently experiencing. Knowing too that this feeling may be fleeting and may change throughout the course of the day.

Ask someone to read about emotions

**Emotions**

Emotions can have a powerful and transformative potential and when identified and activated can help assist people to change problematic emotional states or unwanted self-experiences. However, people’s inability to manage emotions and use them well is often a problem. Emotions are connected to our most essential needs. The Feelings Wheel, originally developed by Wilcox (1982) is very useful in identifying the specific feelings and emotions you are experiencing at any given point in time so that they can be addressed and resolved. Broadening our awareness and language in terms of identifying feelings and emotions is a powerful way to increase emotional intelligence, thereby enhancing the capacity for a greater sense of wellness.

Allow for each person to identify a feeling(s) they may be feeling, also allow for people to say ‘pass’ if they do not feel comfortable sharing. As people share their feelings, it’s best if we do not offer advice or suggestions to each other.

**Heart of Caring Affirmation**

Share a quote from the Heart of Caring calendar or from within the Nursewell App
Facilitator Guide for Kind Minds

MEDITATION

Prepare for Meditation Practice

Please allow yourself to become comfortable as we play from the Nursewell app – 7 minute breathing Meditation from the Better Sleep section.

On completion of Meditation

If you have found that difficult issues have come up for you during this session, take comfort that we do have a professional counselling service called Converge that offers free one-on-one sessions on site and over the phone, or you may consider speaking to a qualified health professional or a trusted friend or colleague. This is a confidential & nurturing space, we do not disclose what was shared by others so as to preserve privacy and safety.

In closing

Feel free to use any facilitation cards for this exercise

Please allow yourself to take an affirmation or wellbeing card and share what this card means to you in terms of developing a positive intention for yourself today.

Invite all members to take the ‘Yoga Prayer Pose’ or a posture that is comfortable for them

Together we say:

Raising closed hands to the forehead, we say ‘KIND THOUGHTS, KIND MINDS’

Lowering your hands to the mouth region, we say ‘KIND WORDS, KIND DEEDS’

Lowering your hands to your heart region, we say ‘KIND HEART, OPEN HEART’

Hope you have a lovely day, see you next time

Allow yourself to prepare mentally and emotionally a few minutes before starting the session so you don’t feel rushed.

Set your intention for the session i.e. creating a safe, nurturing space for people to come to

Consider your best hopes for the session i.e. what you hope for participants when they leave the session

Take a moment to reflect on the strengths that you bring to your role as facilitator

Allow time to set up the Kind Minds space, create a circle formation of chairs, ideally within a room that is free of clutter and possibly has some natural light.

On the floor set up a circular formation of Kind Minds Feeling Wheels, a tube of handcream (optional), colourful inspirational cards, Heart of Caring Affirmations Calendar, Nursewell App – phone turned to Airplane Mode for duration of session. Have the Kind Minds Script at hand.

Allow yourself to be available to speak to individuals as they leave, wishing each person a kindness filled day.

Thank you, a quotation for you….  

“No act of kindness, however small is ever wasted”

AESOP
Resources needed for your session:

- Quiet Space
- Facilitator Script
- Feelings Wheels
- Phone and Speaker
- Heart of Caring Calendar
- Affirmation Cards
- EAP Contact Details