

IL MIECHV Newsletter

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Reflective Practice

*Take a minute for mindfulness:*By: Julia Marynus, RN, BA, Director, Public Health Family Services,
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We all know how important it is to incorporate reflective practice in our work! In Stephenson County, we recently put together a mindfulness station--with coffee, tea, and reading materials, as a reminder that self-care is just as important as client care. The project was inspired by information found in Mindful Magazine. The program director has a subscription and shares information with staff and uses it for her own self-care. "As a busy supervisor and a nurse, I have the tendency to take care of everyone first before myself, so having this magazine at home, in my purse, or available on-line to take time to reflect myself was important to me." As time went by, I recognized that this was a way to share and promote taking a minute out of the day for yourself, and you know sometimes that is all it takes is a minute to breathe and become centered. Why not add a nice cup of tea and some materials to review? Other materials available include "The A-to-Z Self-Care Handbook;" "5-Minute Daily Meditations;" "Practicing Mindfulness;" and a Rethink Card Deck--the card I just pulled said "if this were your last moment on earth, what would stand out in your mind as most important?"

Well, the new Illinois MIECHV Home Visiting Newsletter, of course!



Updates

Reminders:

Next HOME Assessment

Training: July 26, 2019

- ❖ Bloomington Children's Home + Aid
- ❖ 403 S. State St.
Bloomington, IL from
12:30pm to 3:30pm

HV Peer Support Group

calls will be held the last two weeks of August. Please let Jackie know if there are any conflicts with these dates that will effect participation.

You can run your own Form 1 and Form 2 (Monthly Report Card) any time from the Reports tab in Visit Tracker.

"Mindfulness is a way of befriending ourselves and our experience." -John Kabat-Zinn