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Mindfulness is the practice of focusing our attention purposely on the present moment and accepting it without judging. In healthcare, mindfulness produces powerful benefits for leaders, clinicians, staff, and patients. Mindfulness-based interventions have a role in decreasing stress and burnout and improving connections with patients and families.

To suggest a topic, please email wellness@rochesterregional.org. To read the full article, click the linked title.


Bibliography compiled by Mary Ann Howie, M.L.S.