

## Moment of Mindfulness “Handwashing:” More than Just Physical Health

We recognize with heightened awareness around infection prevention, handwashing is essential for health and protecting ourselves and others. We are also concerned about mental, emotional, and spiritual health for staff and patients. Small, consistent, intentional action accumulates into positive moments, internal memory, and momentum that can empower us in the face of uncertainty. Self-compassion begins in yourself and extends to those who work alongside us and those in our care. As an efficient way of promoting holistic health and resilience, we can use handwashing as a way to pause meaningfully several times a day for the benefit of self and others.

Here are a few principles to consider:

**Intention:** Intention can be both external and internal. “While washing hands, I also release my heart and mind to peace and internal clarity”

**Presence in the Moment:** “I am aware of my body, emotions, and intellect with compassion. This compassion is fuel for the care I offer”

**Gratitude:** “I am thankful for the health within me. I acknowledge opportunities to make a difference today, and I am grateful for...”

### Other Approaches to Mindful Handwashing:

“In this 20 seconds I pause to be mindful, I connect myself with a healthy ideal, attitude... I release what’s no longer needed.”

You are invited to make your own moment of intention according to your faith tradition, spiritual beliefs, personal affirmations, or mantras. The idea is that such a small and necessary task done collectively with intention will contribute to a healthier social and emotional environment. Kindness and Compassion to self and others make a challenging situation bearable and meaningful and opens us up to creative ways to find health during stressful and challenging times.



For more information, please contact the Department of Spiritual Care 734-936-4041, pager 2919