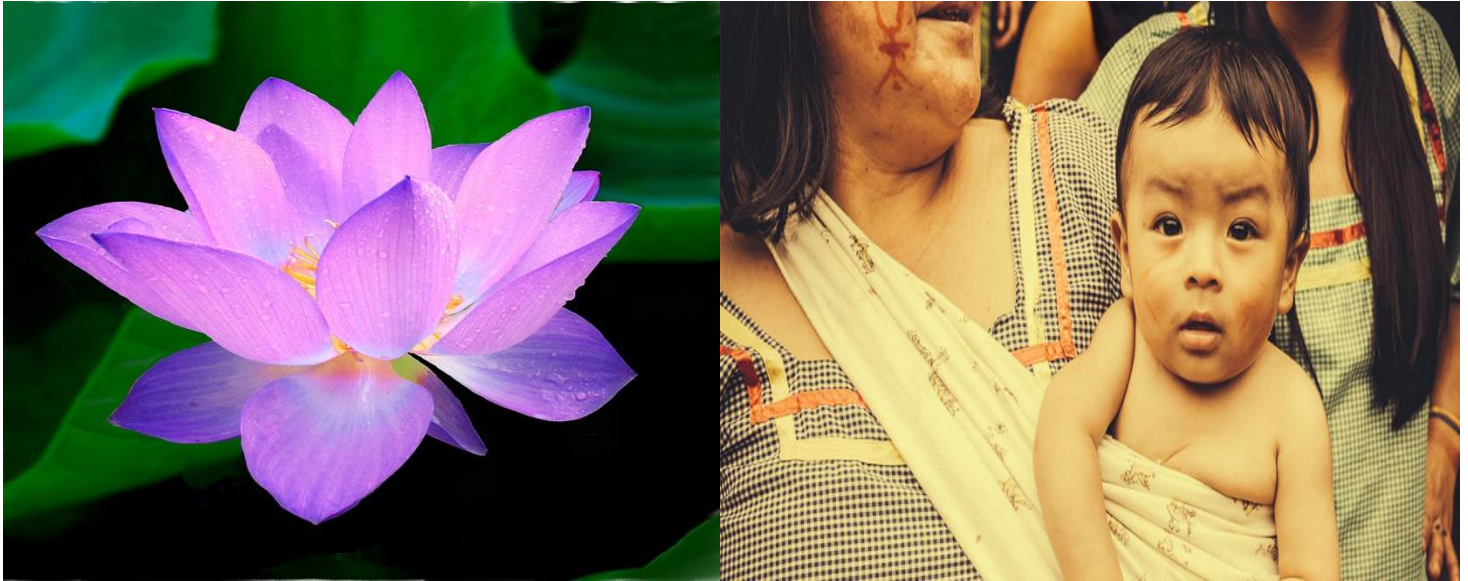


The Global Alliance for Nursing and Midwifery presents...



Mindfulness and Self-Care in Midwifery:

REVIEW OF CURRENT EVIDENCE AND GUIDED MINDFULNESS PRACTICE

Erin Wright, DNP, CNM, APHN-BC, Johns Hopkins School of Nursing, Instructor

February 27th – 12:30 p.m. EST

Stress and coping challenges are well-known among midwives and in the midwifery literature. Long hours, few breaks, a harsh medico-legal environment along with occasional adverse outcomes can create a high stress work environment for midwives. Attrition among midwives and midwifery students due to stress is common as well. To mitigate this stress, it is important for midwives and midwifery organizations to consider both individual and institutional methods of self-care. The practice of mindfulness has been shown to be a very effective individual method for improving midwife coping and decreasing stress.

Join us for a brief review of the literature on stress and coping in midwifery, followed by a mindfulness practice led by Erin Wright, DNP, CNM, APHN-BC, an instructor at Johns Hopkins School of Nursing, Certified Nurse-Midwife, and board certified Advanced Practice Holistic Health Nurse!

Instructions for joining the webinar

1. Go to <https://connect.johnshopkins.edu/ganmwebinar>
2. Click Enter as Guest
3. Enter your name, as it will appear on the portal (Ex. "Maria Rodriguez, CNM")
4. Click Enter Room
5. Test your sound and Internet connectivity

We recommend that you join the session 10 minutes before 1:00p.m. so that you may test your sound and internet connectivity.