

Review Article

The impact of mindfulness techniques workshop on nursing professionals' self-awareness and emotional resilience in values-based healthcare

Jyoti Kathwal*, Aditya Sharma, Monika Sharma, Kavita Sharma

College of Nursing, AIIMS Bilaspur, Himachal Pradesh, India

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*Correspondence:

Dr. Jyoti Kathwal,

E-mail: jjyotikathwal@gmail.com

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ABSTRACT

Healthcare environments are inherently demanding, often resulting in emotional fatigue and burnout among professionals. Self-awareness and emotional resilience are critical competencies for sustaining empathy, effective communication, and therapeutic relationships in such high-pressure settings. Mindfulness-based interventions, particularly those aligned with values-based healthcare (VBHC) principles, have shown promise in enhancing these attributes. This study evaluated the effectiveness of a two-day values-based meditation workshop in improving self-awareness, emotional resilience, and professional fulfillment among B. Sc. nursing students. A pre-experimental, pre-test/post-test design was utilized. Fifty-nine nursing students participated in a workshop integrating mindfulness meditation, reflective journaling, and cognitive reset exercises. Self-awareness and resilience were measured using a validated 31-point scale before and after the intervention. Qualitative data were collected through open-ended questions exploring spirituality, positivity, resilience, and life satisfaction. Post-intervention, the average self-awareness and resilience score increased significantly from 18.2 to 26.4 out of 31, with the proportion of high scorers (≥ 25) rising from 12% to 68% and low scorers (< 15) dropping from 35% to 4%. Qualitative analysis revealed a strong association between self-awareness, positive mindset, and personal growth. The majority of participants recognized spirituality as integral to clinical practice and reported increased appreciation and cognitive control. Workshop feedback was overwhelmingly positive, and no significant correlation was found between age and outcome scores. Values-based meditation workshops are effective in enhancing self-awareness, emotional resilience, and professional fulfillment among healthcare professionals. The findings support the integration of mindfulness interventions into healthcare education to foster emotional intelligence, reduce burnout, and promote patient-centered care.

Keywords: Mindfulness, Meditation, Nursing, Self-Awareness, Emotional Resilience, Values-Based Healthcare, Well-being, Stress Management, Compassionate Care, Healthcare Workers

INTRODUCTION

Healthcare environments impose substantial emotional demands, often leading to burnout and emotional fatigue.² Self-awareness, the ability to recognize and regulate emotions, plays a critical role in fostering empathy, improving communication, and strengthening therapeutic

relationships.^{3,4} Emotional resilience is the ability to adapt to stress and recover from adversity, which is particularly essential for professionals working in high-pressure environments, such as intensive care units (ICUs) and oncology teams, where emotional exhaustion is prevalent.^{5,6}

The VBHC model emphasizes the alignment of professional values with compassionate, patient-centered care, which corresponds with mindfulness principles that promote present-moment awareness and emotional regulation.⁷ By integrating mindfulness practices with reflective learning, meditation workshops may enhance self-awareness, emotional resilience, and professional fulfillment among healthcare professionals.⁸

LITERATURE REVIEW

Mindfulness interventions are widely recognized as practical tools for improving emotional resilience and self-awareness among healthcare professionals. A systematic review found that mindfulness practices, including meditation, significantly enhance emotional regulation, stress management, as well as overall well-being.⁹

Loving-kindness meditation has been identified as a powerful method for increasing resilience, empathy, and patient care among healthcare providers.¹⁰ This practice promotes emotional warmth and self-compassion, which are crucial for sustaining empathy in demanding clinical settings. Contemplative emotional training supports resilience by helping professionals recognize and transform emotional reactions into constructive responses.¹¹ Additionally, experiential and reflective learning have been shown to enhance self-awareness and emotional intelligence and reduce burnout-particularly among mental health professionals.¹²

Reflective practices enable healthcare professionals to reassess their motivations, fostering renewed purpose, self-compassion, and commitment to patient-centered care.¹³ Case studies of mindfulness-based stress reduction (MBSR) programs indicate significant reductions in stress and emotional exhaustion, as well as improvements in emotional awareness, empathy, and professional relationships.^{6,14} Furthermore, mindfulness interventions have been associated with increased empathy and emotional well-being among physicians in high-stakes environments.¹⁵

The growing adoption of technology-assisted mindfulness programs, such as mobile apps and virtual reality meditation, has provided flexible solutions for time-constrained healthcare professionals. These interventions have demonstrated improvements in emotional resilience, interoceptive awareness, and stress management.¹⁶ Enhanced interoceptive awareness facilitates emotional regulation, reducing compassion fatigue and sustaining empathy in clinical practice.^{17,18}

METHODOLOGY USED

A two-day workshop introduced mindfulness techniques aligned with VBHC principles, incorporating guided meditation, reflective journaling, and the "stand out of situation"-a cognitive reset exercise designed to interrupt

negative thought patterns. Participants were BSc nursing students. Pre-experimental approach was adopted and self reporting method was used for data collection. A pre-test/post-test design was employed to evaluate changes in self-awareness, emotional resilience, and professional fulfillment. Participants completed a 31-point self-awareness and resilience scale before and after the workshop with the following metrics: Average score (0-31 scale), median score, participants scoring ≥ 25 (high self-awareness) and participants scoring < 15 (low mindfulness).

The tool also included open-ended questions related to spirituality, positive mindset, resilience, and satisfaction in life. Tools were validated by experts and the training was done by the experts from the meditation center.

OBSERVATIONS

The study included 59 participants, with an average age of 20.66 years (range: 17-41 years). A majority identified as "believers (theists)," indicating a strong inclination toward spiritual beliefs.

Table 1: Quantitative analysis.

Metric	Pre-test	Post-test
Average score	18.2/31 (58.7%)	26.4/31 (85.2%)
Median score	18	27
Participants scoring ≥ 25	12%	68%
Participants below 15	35%	4%

Post-test results demonstrated a significant increase in self-awareness and mindfulness. The rise in high performers (≥ 25) and the reduction in low scorers (< 15) suggest substantial positive outcomes across all participants.

DISCUSSION

Understanding of spirituality

The most widely accepted definition of spirituality among participants was "connection of body, mind, and supreme power," selected by 38 individuals. This holistic perspective aligns with research indicating that spirituality enhances the patient-provider relationship and contributes to therapeutic effectiveness.²⁰ Additionally, 57 out of 59 respondents agreed that spirituality is integral to clinical practice, reinforcing its role in professional healthcare settings.²¹

Positive mindset and personal growth

Participants frequently associated positivity with self-awareness, with 29 respondents defining it as "Able to identify strengths and weaknesses in myself." This

highlights self-awareness as a key factor in maintaining a positive mindset and fostering personal growth.²² Additionally, 35 individuals linked positivity with "Liking myself," emphasizing the role of self-acceptance in well-being.²³

The role of appreciation and mindfulness techniques

A majority (40 participants) defined appreciation as "Being sincere and specific, identifying qualities." Authentic appreciation contributes to stronger interpersonal relationships and a more supportive healthcare environment.²⁴ Additionally, 30 respondents associated the "Stop" technique with its ability to help stop negative thoughts, illustrating the recognized value of cognitive control and mindfulness strategies in both professional and personal settings.²⁵

Satisfaction with life

Responses indicated that self-reflection is a regular practice among participants, contributing to personal development and overall well-being. Regular reflection enhances self-awareness, which is integral to emotional resilience and professional fulfillment.²⁶

Workshop feedback and effectiveness

Participants overwhelmingly rated the workshop as "Excellent" across various dimensions, including session quality, activities, time management, and overall impact. The majority found the workshop beneficial, with 19 participants offering no suggestions for improvement. Incorporating spirituality into clinical practice has been shown to enhance patient care and improve health outcomes, further validating the workshop's impact.²⁷

Relationship between age and score

No significant correlation was found between age and scores, suggesting that the workshop was equally practical across diverse age groups.

CONCLUSION

This study demonstrates that values-based meditation workshops significantly enhance self-awareness, emotional resilience, and professional fulfillment among healthcare professionals. The observed improvements in mindfulness and stress management highlight the importance of integrating mindfulness interventions into healthcare education and practice. These findings align with existing research, highlighting the role of mindfulness in promoting emotional intelligence, mitigating burnout, and enhancing patient-centered care.

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