

# Mindful Hand Hygiene (Gel)

## Before You Begin



- S** Stop
- T** Take a Deep Breath
- O** Observe and Acknowledge what is Here Right Now (feelings & emotions)
- P** Proceed with the task of Hand Hygiene, allowing this **20-30 seconds** to be an opportunity to step away from autopilot and allow for a moment of **self-care** and **self-awareness**

## Practicing Mindful Hand Hygiene



The Mind may wander – that's ok... that is what minds do.  
Noticing the mind wandering is the moment of mindfulness.

#		Mindfulness to Accompany WHO Step
1a		Noticing the <b>feel and texture of the gel</b> as it touches the Palms.
1b		
2		Bringing <b>awareness to the feeling of the Palms</b> as they touch one another.
3		Noticing the <b>sensation in the Fingers</b> as they intertwine.
4		Bringing awareness to the feeling of the intertwined fingers.
5		Allowing the <b>awareness come to the Clasped Hands</b> , rotating from side to side.
6		Feeling the touch of the Hands and the Thumbs together
7		Noticing the feeling in the Fingers and Palms as they rub against each other
8		Allowing the awareness return to the body as a whole . <b>Feel your Feet</b> rooted to the floor Noticing what is Here Right Now.