

# Mindful Hand Hygiene (Gel)

## Before You Begin



**S** Stop

**T** Take a Breath

**O** **Observe** and Acknowledge what is Here Right Now (feelings & emotions)

**P** **Proceed** with the task of Hand Hygiene, taking this **20-30 seconds** to step away from autopilot and allow for a moment of **self-care** and **self-awareness**

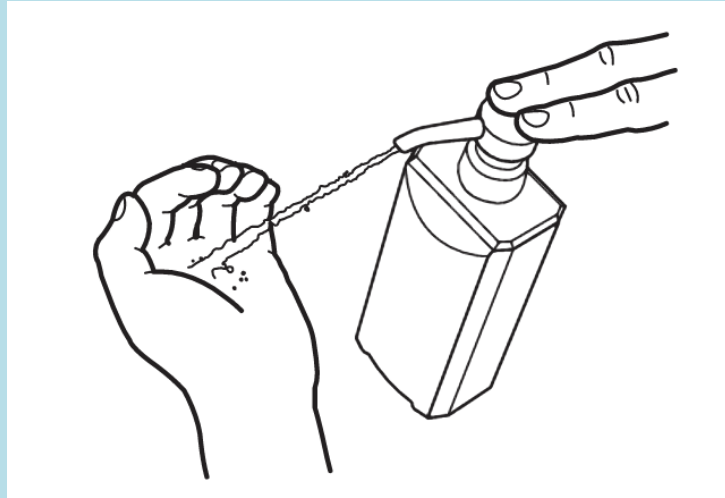
## Practicing Mindful Hand Hygiene



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

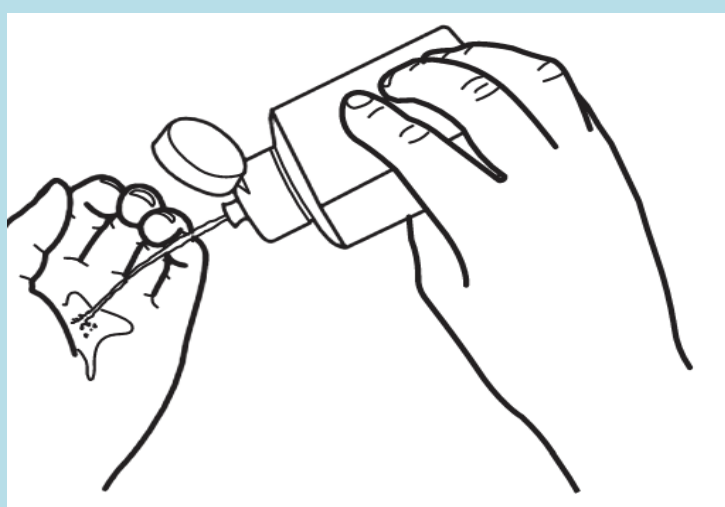
## Mindfulness to Accompany WHO Step

1A

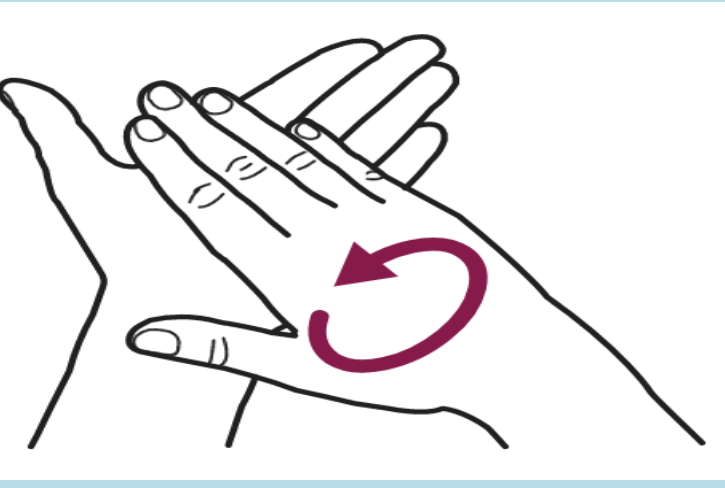


Noticing the **feel and texture of the gel** as it touches the Palms.

1B

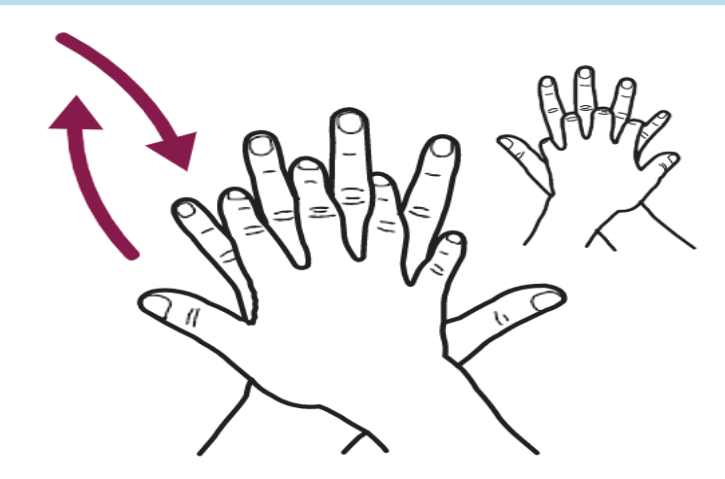


2



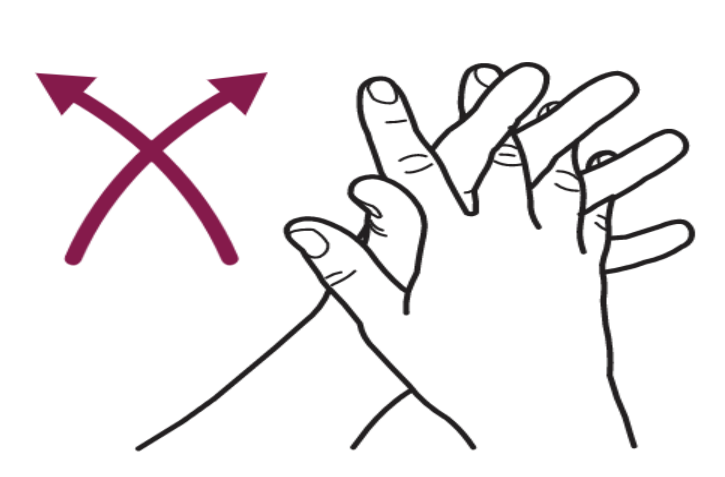
Bringing awareness to the feeling of the **Palms** as they touch one another.

3



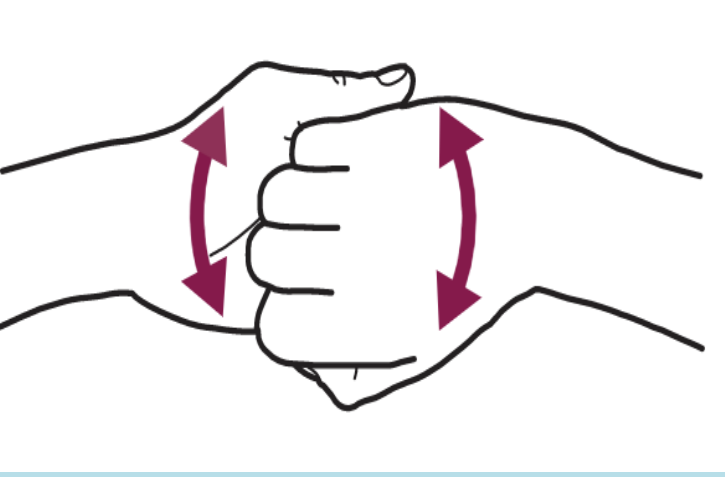
Noticing the **sensation** in the **Fingers** as they intertwine.

4



Bringing awareness to the feeling of the intertwined fingers.

5



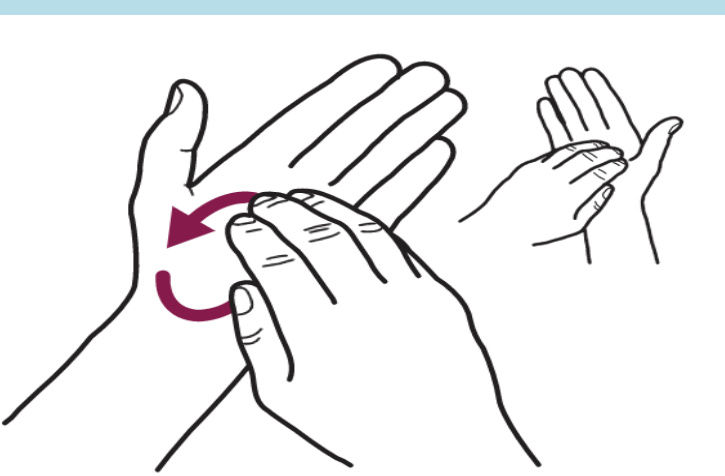
Allowing the awareness come to the **Clasped Hands**, rotating from side to side

6



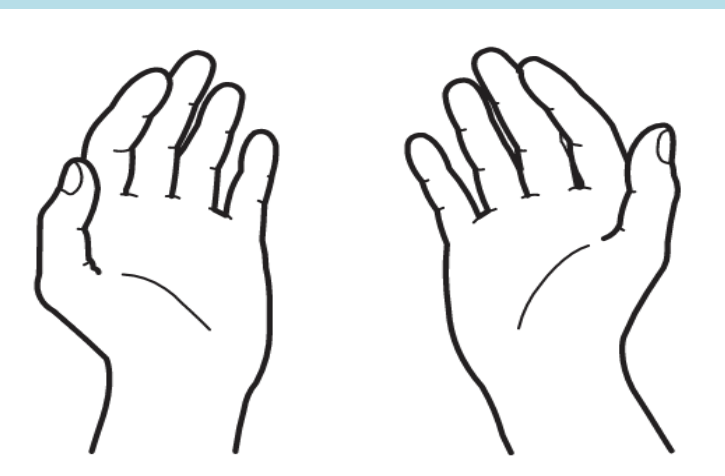
Feeling the **touch** of the **Hands** and the **Thumbs** together

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  
Feel your Feet rooted to the floor Noticing what is **Here Right Now**