Leadership Lounge

Tuesday 5 February 2019
Library & Knowledge Centre (LKC): Self-care and professional development resources for nursing & midwifery leaders

Mindfulness: evidence


Wellbeing & self-care interventions: evidence


Laughter yoga or therapy or humour: evidence


Weblinks

- Staff wellbeing: ChooseWell – a wellbeing program designed for your whole self / Queensland Health (intranet)
- CHHHS Healthy Lifestyles QHEPS page
- Work health and wellbeing: strengthen your business / Work Safe, Queensland Government
- Head to Health (mental health resources) / Australian Dept of Health
- Self-care for nurses and midwives / Nurse & Midwife Support (Australia)
- BeyondBlue
- Clinical podcasts libguide (compiled by DDHHS/TPCH Library)

Education opportunities, podcasts & webinars – see individual LKC specialty guides Education pages
LKC reading lists

- Leadership resources for borrowing
- Management resources for borrowing
- Patient safety & quality in healthcare resources for borrowing
- Supervision resources for borrowing
- Administrative processes, teams and communication resources for borrowing
- Mindfulness or Acceptance and commitment therapy (ACT) resources (LKC Catalogue) for borrowing
- Staff wellbeing resources for borrowing

LKC specialty guides

- Leadership and management in healthcare guide
- Clinical supervision guide
- Patient safety and quality guide
- Clinical supervision guide
- Patient safety and quality guide
- Mental health nursing
- Midwifery education
Contact LKC

Tel. (07) 4226 6679
cairns_library@health.qld.gov.au

Borrowing & loans | Literature searches

Library Registration  Search catalogue  Literature Search

Note: This is not a complete list of references and resources on these topics. Contact LKC for more detailed literature searches.