



# Calm in the Chaos

## Mindfulness and Balance for Radiology Teams

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*This is an opportunity...*

*To pause,  
To be present,  
And to be grateful for this time  
together*

# What Is Mindfulness?

Present, non-judgmental awareness of what is happening now

Trainable skill to create a gap between stimulus and response

Useful in short increments

Foundational skill for attention, safety, and professionalism

# Why This Matters Now



Fast pace, add-ons, anxious patients  
task-switching



Attention is a safety and quality tool



Calm teams reduce errors and  
repeats

# Ten Second Reset

01

Pause for  
one slow  
breath

02

Release  
shoulders  
and jaw

03

Name one  
priority, act  
on that  
priority

# Box Breathing

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Inhale 4, hold 4, exhale 4, hold 4, repeat 3 times

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Use before high-risk procedures or complex protocols

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Helps for coach anxious patients

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Allows refocus before responding emotionally

# Exhale Heavy Breath

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Longer exhale than inhale to settle the system

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Activates parasympathetic nervous system

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Calming the body can calm the mind

# Countdown Grounding

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5 see, 4 feel, 3 hear, 2 smell, 1 taste

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Center an anxious patient or yourself near the magnet

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Can be done silently if needed

# S.T.O.P. for Decisions

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**S**top

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**T**ake a breath

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**O**bserve data and feelings

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**P**roceed with Intent

# R.A.I.N. for Hard Moments

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**R**ecognize what is present

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**A**llow it to be here

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**I**nvestigate kindly

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**N**urture the next step

# Which Tool Do I Use Right Now?

If you notice...	Use this tool	Why it works
You're transitioning between tasks or patients	<b>Ten-Second Reset</b>	Clears carryover stress and refocuses attention
Your body feels activated (heart racing, tension high)	<b>Box Breathing</b>	Regulates physiology and steadies focus
You need immediate calming and don't have time to think	<b>Exhale-Heavy Breath</b>	Fastest way to down-shift the nervous system
Stress is driven by fear, panic, or sensory overload	<b>Countdown Grounding (5-4-3-2-1)</b>	Anchors attention to the present moment
You need to make a decision under pressure	<b>STOP</b>	Prevents reactive decisions; supports clarity
A difficult moment is lingering after the fact	<b>RAIN</b>	Helps process emotions and recover

# Speak up culture



Invite concerns without blame



Thank the messenger; fix the system



Model calm language that slows down the situation

*Amy Edmondson psychological safety; NHS practical guide; HBR explainer*

# Microbreaks to Support Focus



Short pauses reduce fatigue without slowing throughput



Aim for one brief reset every 50 to 60 minutes



Stretch, sip water, one breath, return

# 90-Second Huddle



Purpose and hazards of the day



One team intention for the shift



Appreciation for a specific action

# 30-Day Rollout

Week 1 teach two  
tools, place cue  
cards

Week 2 start ninety  
second huddles,  
tally resets

Week 3 add  
patient script,  
micro survey

Week 4 share  
wins, choose  
habits to keep

# Simple metrics that matter



Two-minute resets  
per shift



Missed breaks per  
day



When a patient  
felt cared for



Near-miss notes  
tagged distraction

# Key Takeaways

Mindfulness is present-moment awareness, not stopping thoughts or slowing work

Small pauses create a gap between stimulus and response

Regulating the body supports focus, safety, and clear communication

Simple tools work inside real imaging workflows

Leader presence shapes team culture, safety, and recovery



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