

Directed self-learning WA 3.2

Students to be directed to the online resource to prepare themselves before the session.

Students need to read the papers by:

Hunter, B., & Smith, P. (2007). Emotional labour: Just another buzz word?[Editorial]. *International Journal of Nursing Studies*, 44(6), 859–861. <https://doi.org/10.1016/j.ijnurstu.2006.12.015>

Fasbinder, A, Shidler, K, Caboral-Stevens, M. (2020). A concept analysis: Emotional regulation of nurses. *Nurs Forum*. 55, 118– 127. <https://doi.org/10.1111/nuf.12405>

Lomas, T, Medina, JC, Ivtzan, I, Rupperecht, S, Eiroa-Orosa, F. 2018 A Systematic Review of the Impact of Mindfulness on the Well-Being of Healthcare Professionals. *J Clin Psychol*. 2018; 74: 319– 355. <https://doi.org/10.1002/jclp.22515>