



Compassion, caring, and  
human-centred healthcare



# How health professionals can transform themselves

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CoFounder of Hearts in Healthcare

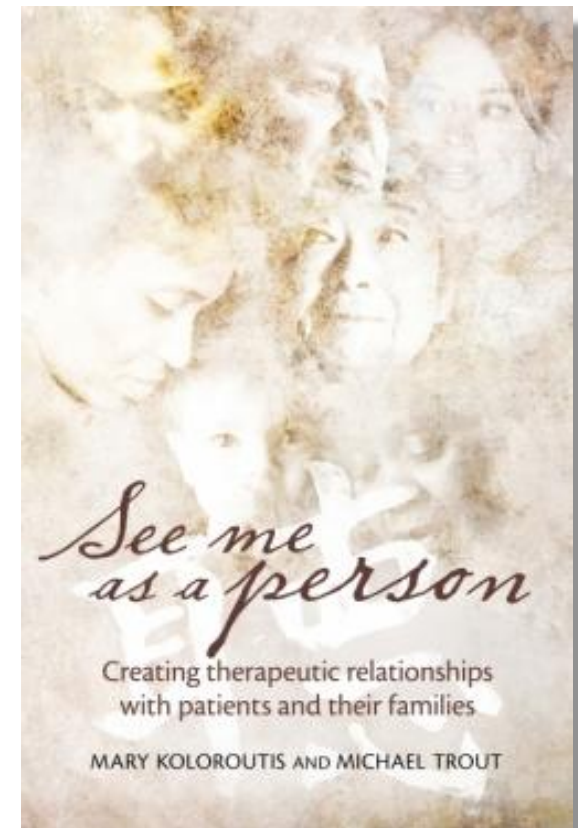
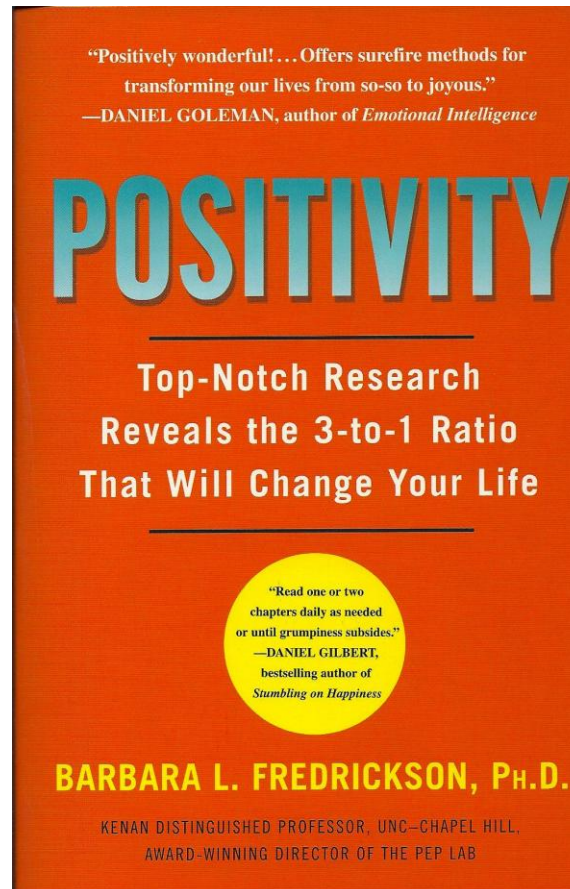
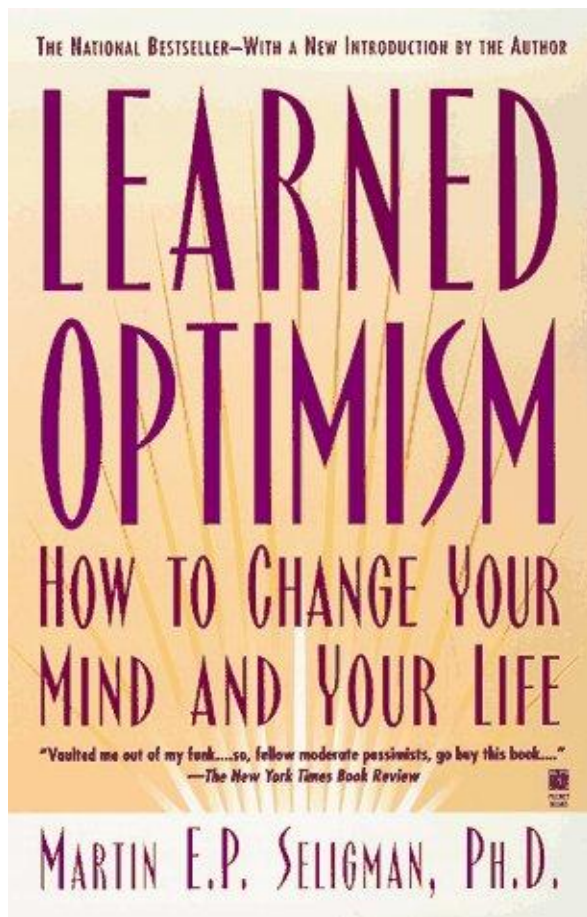


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## Five daily practices that can transform your life...

1. Choose your thoughts on your journey to work
2. Small acts of kindness
3. Making the human connection
4. Find out first your patient's concerns
5. Treat every patient like a family member

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{ The Movement for Human-centred Healthcare }


**Our Purpose**  
rehumanising  
healthcare

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## Rehumanising Healthcare

Hearts in Healthcare is here to support, generate and facilitate compassionate care in the healthcare system.

Humanising and enriching the relationship between patient and practitioner; promoting wellbeing and recovery; reducing burn out and stress, saving time and costing less.

*"Healthcare's focus on physical disease and bio-medicine is unbalanced. We need to pay much more attention to emotional, psychological and spiritual wellbeing and the huge importance of healing relationships."* [Robin Youngson, "Time to Care"](#)



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HEARTS  
in Healthcare

*{the movement for human-centred healthcare}*

[heartsinhealthcare.com](https://heartsinhealthcare.com)