

THE MINDFUL CRNA

The Field Manual™

Leadership Protocols for CRNA School



*You would never enter a trauma without a protocol.
Why are you entering high-stakes environments without one for yourself?*

Amanda Kay Kelly, MSN, CRNA

Get in. Get through. Find peace.

You've mastered pharmacology. You've mastered physiology. You've mastered ventilators. Now it's time to master yourself. The CRNA Method™ is not about adding more. It's about leading better.

1 Pre-Clinical Protocol

Before you walk into the OR:

- **Mental Airway Check** — What story am I telling myself about myself, others & the day? Are they true or rooted in fear?
- **Performance Filter Reset** — Am I here to impress or to grow?
- **4 P Activation Scan** — Am I worried about Productivity, Perfectionism, Performing, aPProval or People pleasing more than leading and learning?
- **Intentional Identity Anchor** — Who am I choosing to be today? What leadership value do I want to grow today?

2 Feedback Recovery Protocol

When correction or criticism hits hard:

- 1 **Separate Fact from Story** — What is true?
- 2 **Neutrality Reset** — How can I see this from all sides?
- 3 **Self-Compassion Calibration** — If I keep loving myself, what would I want to think & do here?
- 4 **Extract the Lesson** — What will change moving forward?
- 5 **Re-enter with steadiness** because spiraling wastes precious cognitive energy. Stay present. This moment will not kill you.

3 Comparison Intervention

When someone else seems ahead of you and you feel behind:

- **Awareness** — What is this triggering?
- **Reframe** — Different timeline ≠ lesser ability
- **Redirect** — What is within my control right now? What ACTUALLY matters & is forward moving?

4 The 4 P Emergency Protocol

When you feel: Behind · Not good enough · Like quitting · Emotionally flooded

Always come back to your ABC's:

A

Awareness

B

Boundaries

C

Control

Internal ABC's before external action.

5 Post-Exam / Post-Case Debrief

*Instead of: "I'm an idiot." → You **EVALUATE** (top tier leadership skill):*

- What worked?
- What needs refining?
- What did I handle well emotionally?
- What will I adjust next time? How can I improve 1% tomorrow?

This alone will build resilience faster than content review and ruminating in what didn't go well only.

6 Burnout Prevention System

Prevention > recovery.

- **Weekly Regulation Check-In** — You check in on your patients in PACU and post op day 1. Check in on yourself.
- **Energy Inventory** — Where are you leaking energy? How can you patch the leaks?
- **Leadership Reflection** — Where is my leadership growing? Where do I want to continue growing in leadership?
- **Intentional Reset Day** — Rest is the kindest, most powerful thing you can ever do for yourself.

SOAP ME

Mindful Edition™

Your Internal Airway Check

S

Self-awareness

What am I carrying into this room?

O

Oxygenate

Slow breath before fast thinking.

A

Alignment

Is my identity grounded or am I performing?

P

Plan

Top 3 priorities today only.

M

Mindset

Calm > perfect.

E

Energy

Protect it. Direct it. Don't leak it.

FINAL NOTE FROM AMANDA

This is just a taste of the work we do in coaching and in my programs. If anything shifted in you after using these, imagine having full access.

Here at The Mindful CRNA we are about processing > perfection and never arriving but being present in our journey, accountable for what's ours to own and finding the fun as we go.

You are and have always been enough no matter what happens, no matter who says — and you belong here because you are here.

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