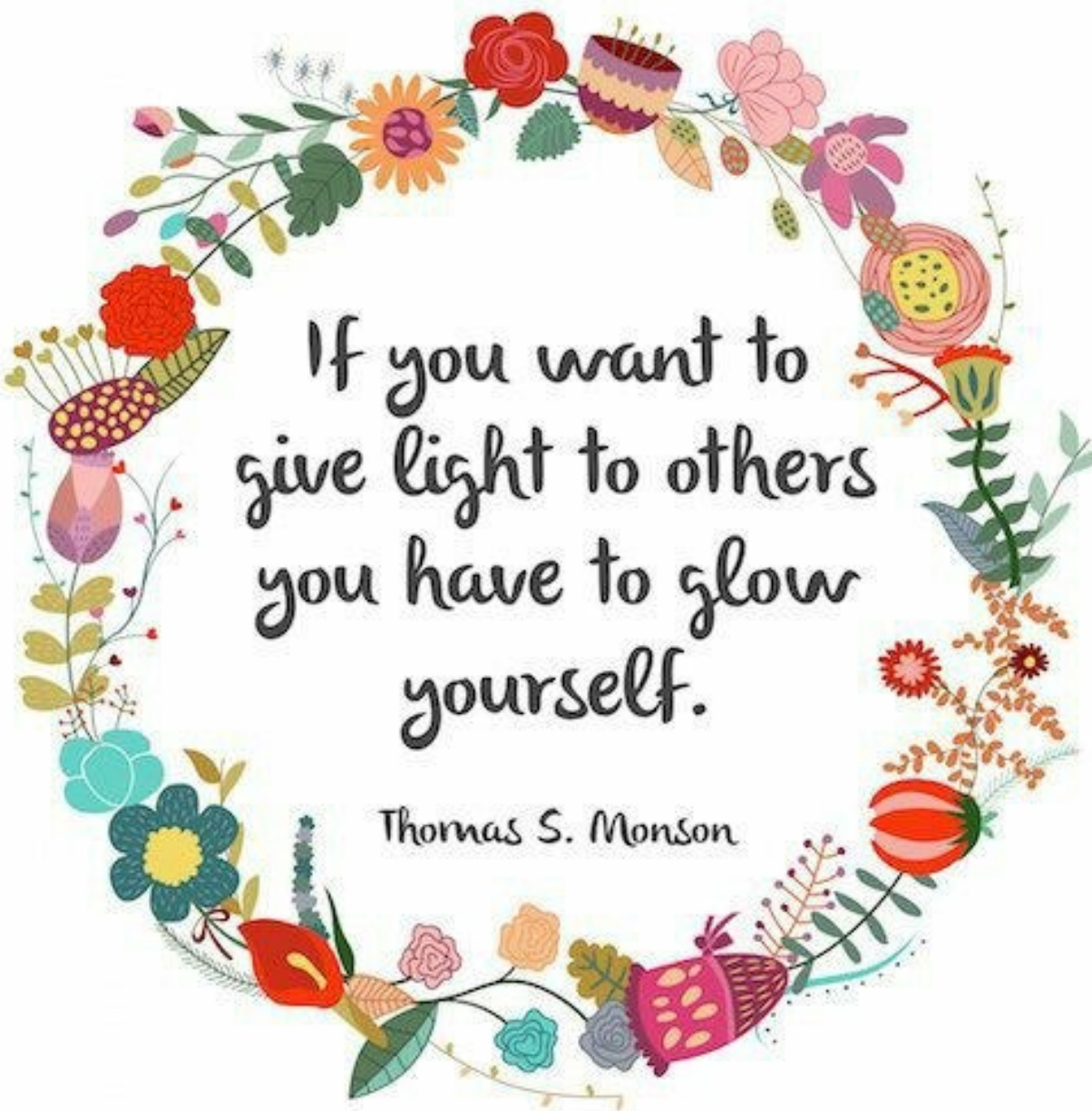




Self care

Maggie Payne RN, MN, PNP-BC



If you want to
give light to others
you have to glow
yourself.

Thomas S. Monson

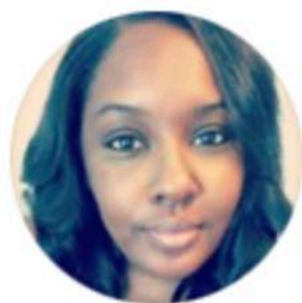
Importance of Self-Care

“You cannot keep giving to others if you do not give to yourself, first. It is like pouring water from a vessel: you cannot pour and pour without ever refilling it – eventually it will run dry.” *Lobell*



Reflections on Nurses and Self-Care

- Nurses are taught to care for others; it is ingrained in their life purpose (ANA)
- But: are we reluctant to take the time required to care for ourselves?
- Self-care can help us cope with stressors that are a reality for most nurses
- What are some really stressful situations that you have had to deal with as a nurse and how did they affect you?
- Not taking care of ourselves can lead to exhaustion, tension, and fatigue
 - Of course another name for the fatigue that we experience is known as burn-out



sierra. @sierranwells · 1d



My therapist said: "remember that the other side of giving your all is being empty. And if you continue to give your all, you'll continue to be empty. Giving your all is unregulated and has no boundaries. Give your best." WHEW.

Resilience.... “May we all approach life’s darkest moments with the kind of courage, resilience and spirit of the people of Ukraine!” *Ana Cabrera*



Resilience: The capacity to recover quickly from difficulties; toughness

So that is the definition, but what does it mean?

- Self-love is not just about loving yourself, it's about embracing everything that makes you who you are. All the challenges that you've overcome are the testament to your growth, your resilience, your courage
- Embrace you!
- The whole you – mind, body, and soul!

I think that I have gotten enough reliance for one lifetime, thank you!

- “Talk of resilience hurts more when it comes from those who should have done more to help” *Brad Desmond*

This Slide Break was Brought to YOU by:
GIVE YOURSELF A BREAK!!!



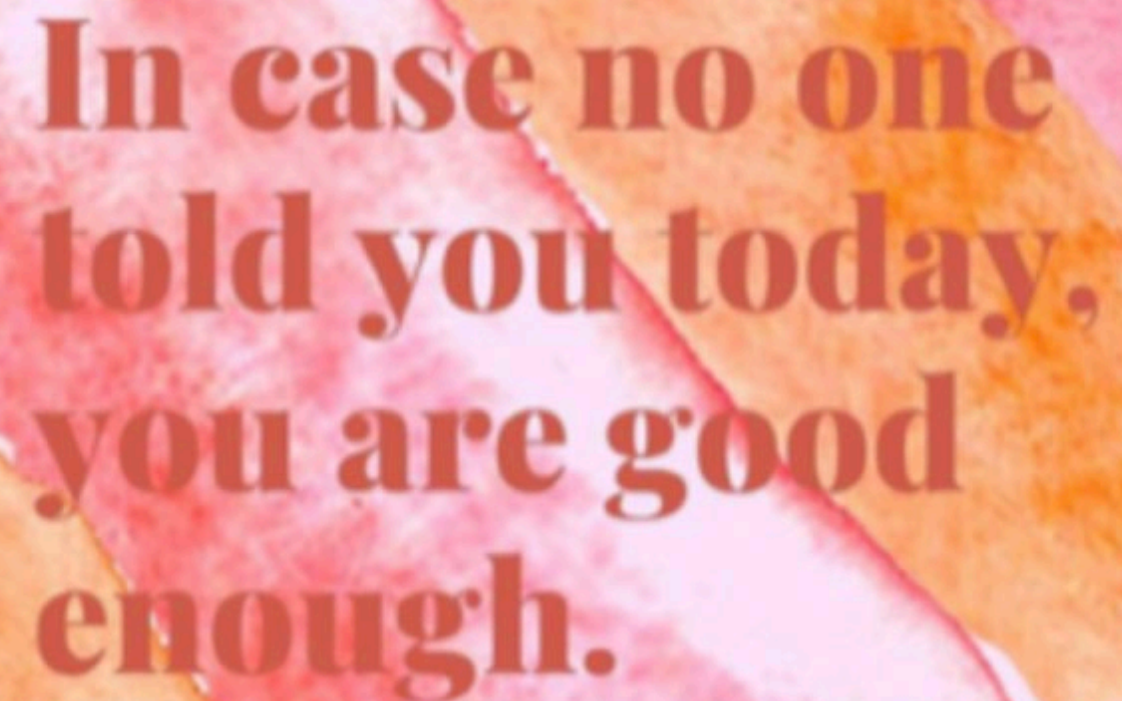
@TheOracleReadsU · 5h



Trauma did not make you stronger. It gave you depression, anxiety, energy blocks, and disrupted your relationships. You made yourself stronger. That strength was already a part of you. All the credit goes to you, and not your trauma or anyone responsible for your trauma.

You can do it, don't lose the lesson, don't beat yourself up!

- Good morning beautiful
- Listen, you are not a failure just because it didn't work out the last time-
- Pick yourself up and try again!
- The lesson you learned is going to benefit you this time

A watercolor-style background with soft, blended shades of pink, peach, and light orange. The colors are layered and textured, creating a gentle, artistic feel. The text is centered over this background.

**In case no one
told you today,
you are good
enough.**

**YOU GOT UP
THIS MORNING**



— YOU EARNED A COOKIE —



Nursing Stress

Jimenex, Navia-Osorio, and Diaz (2009)

Things that have been know to cause nurses stress

- Greater patient acuity
- Protecting patients' rights
- Staffing patterns
- Unpredictable and challenging work environment
- Increased paperwork
- Reduced managerial support
- Lack of power, role ambiguity, role conflict
- Advanced care planning
- Surrogate decision making

Stressors for Nurses...

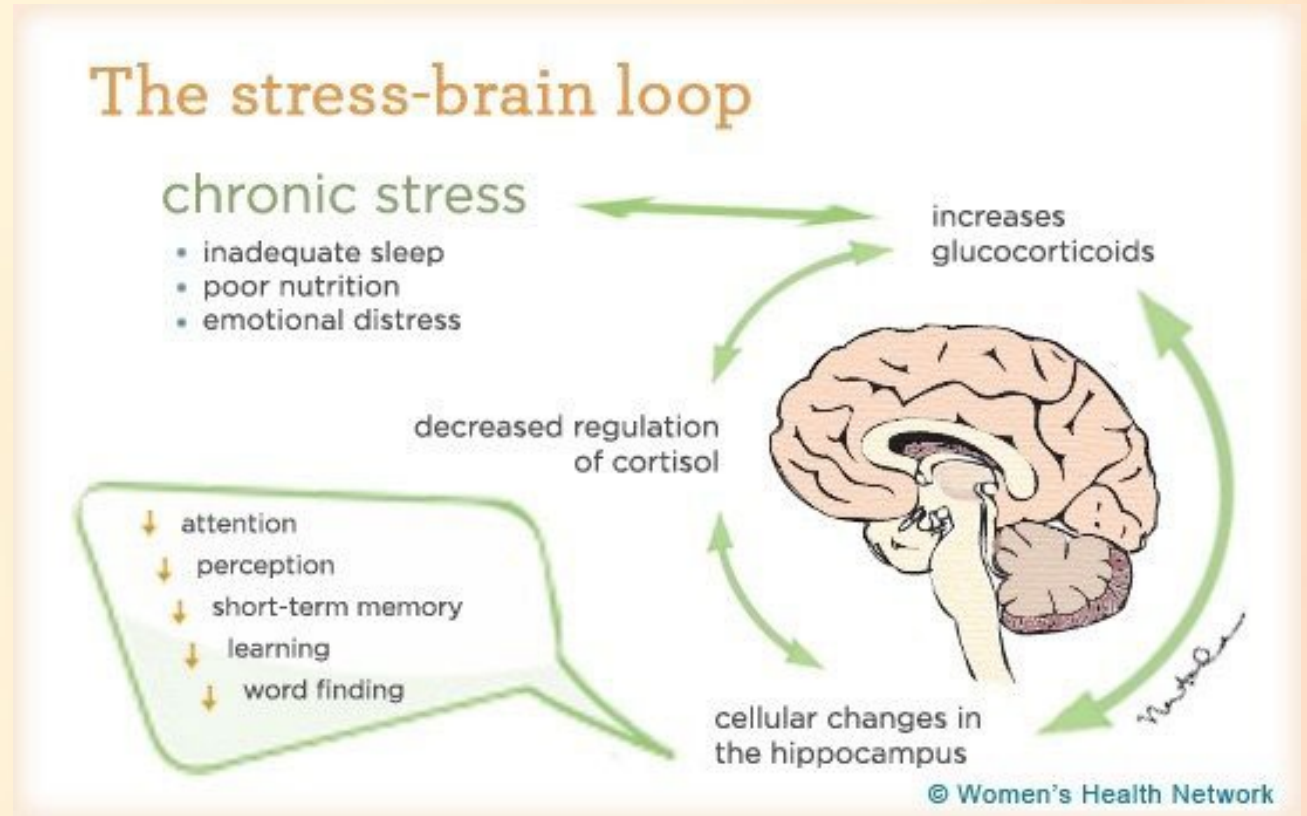
- Threats to career development
 - Threat of redundancy
 - Being undervalued
 - Unclear promotion prospects
- Violence
- What about peer interactions, relations, toxic colleagues, bullies???
- What about transitioning to EMR???

One Physician Study on EMR and Stress (JAMA 2014)

- High EMR use Physicians reported:
 - Lower satisfaction than low EMR cluster physicians
 - Time pressure was associated with significantly more burnout
 - Dissatisfaction
 - Intent to leave (only in the high EMR cluster)
 - Time pressure only reported in the high EMR
- https://www.youtube.com/watch?v=xB_tSFJsjsw

Stress and Us...

- Fight or flight good for short-term issues like emergencies
- Chronically elevated stress hormones result in detrimental effects
 - Elevated cortisol and adrenaline
 - Hyperglycemia
 - Hyperinsulinemia
 - Arteriosclerosis
 - Hypertension
 - Poor immune function
 - Autoimmune disorders





You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

Sometimes, it's not you... it is them!!!

- We can't control what others do or say
- We have the most control over ourselves and our responses

The Four Agreements

- Don't assume
- Don't take anything personally
- Have integrity with your word
- Always do your best

Stress Reduction Works!

- Studies show that mindfulness-based stress reduction program improved burnout symptoms, relaxation, and life satisfaction
- Holistic care is widely used by us for our patients but it is beneficial to us as well
- Typically organizations have focused on:
 - Proper diet
 - Exercise
 - Stress-reduction techniques



Chocolate: Yes Please!!!

Did You Know?

A 100 gram bar of dark chocolate with 70-85% cocoa contains:

- 11 grams of fiber
- 67% of the RDA for Iron
- 58% of the RDA for Magnesium
- 89% of the RDA for Copper
- 98% of the RDA for Manganese

It also has plenty of potassium, phosphorus, zinc and selenium.



DuPage Medical Group
Last updated 10/2010

Choosing chocolate
70% organic cocoa is ideal,
and more is even better!

The many benefits of **DARK CHOCOLATE**

- The flavanols (antioxidants) in dark chocolate lower the bad cholesterol (LDL) in the blood and reduces the formation of plaque in the arteries.
- Improves memory
- Anti-inflammatory properties decrease risk of cancer, stroke, and cardiovascular disease
- Flavonoids provide UV protection
- Boosts mood by increasing endorphin production and serotonin levels
- Magnesium helps digestive, neurological, and cardiovascular systems
- Regulates blood sugar by helping your cells use the body's insulin efficiently
- Provides iron, copper, manganese, dietary fiber, and calcium



What do I do for self-care?

2015-03-18c

 Get plenty of sleep


 Enjoy sunshine

 Cook

 Write or draw (think out loud)


 Talk to myself

 Cuddle cats


 Walk or bike (esp. in a park)

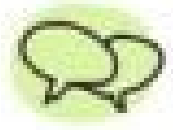
 Tidy

 Read

 Read about people whose lives are more complicated

 Garden

 Get a hug

 Talk to select people

Virtual Cooking Classes!!!

Brain Food, Health Food



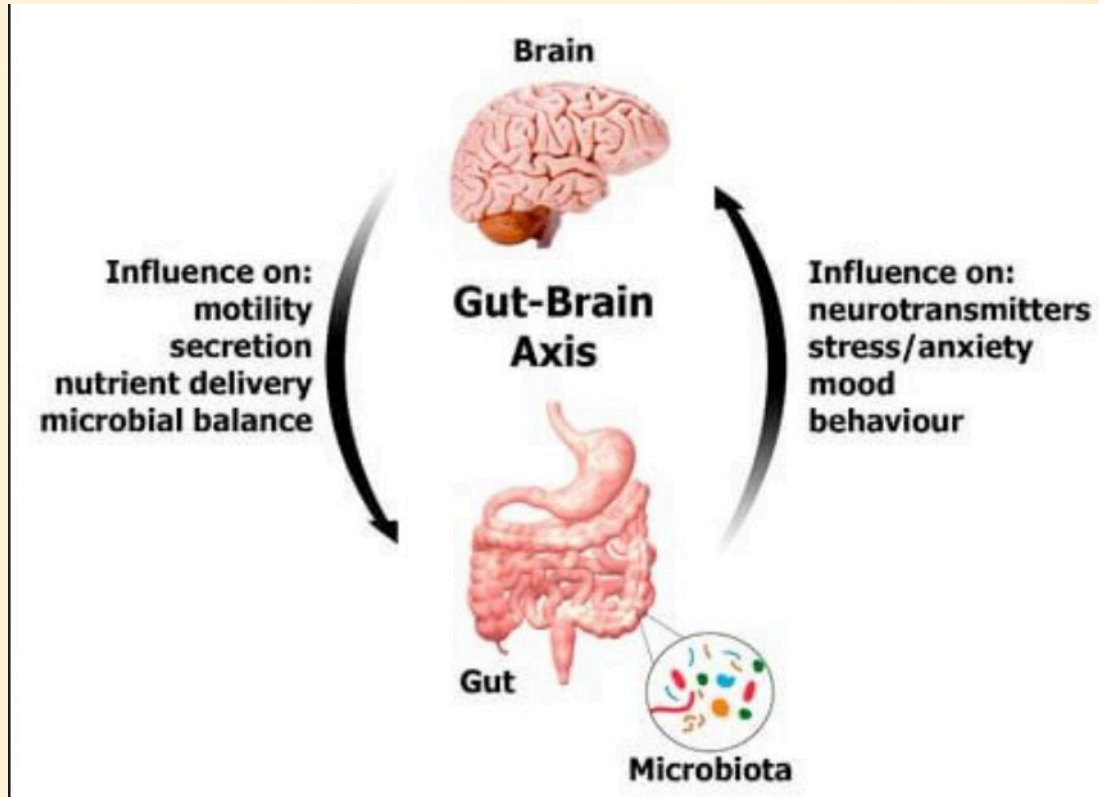
- That Krispy Crème sugar high?
 - Spikes blood sugar, then insulin, then BS drops and we are sluggish

Kombucha Who?



Probiotics

- Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Miso
- Tofu
- Kombucha



Gut “second brain”

Healthy gut

Serotonin production

You know, like in Prozac

In General:
Foods good for Heart
Good for Brain
Good for inflammation



Anti-inflammatory Foods

- Turmeric
- Ginger
- Nuts
- Green leafy veggies
- Tomatoes
- Olive oil
- Fatty Fish
- Veggies

More Plants, Less Processed!

- Fruit and veggies
- Many benefits
- Have phytonutrients
- Good for immune Health

- *Source: Piedmont Health*



Take a little vacation every day!!!

<https://www.youtube.com/watch?v=pDKiMYgdxSs>



Get Outside!!! Ecotherapy!!! Stanford, Harvard Studies - Going Outside Improves Mental Health



- Living near nature could prolong your life
- Boosts your immune system
- Elevates sense of well-being
- Natural light: Vit D immediately improves your mood
- 15 minutes natural sunlight reduces depression
- Office workers with just a view of nature from a window have less stress
- Helps to set body's internal clocks and we rest better
 - This helps with better mood and mental state

Recent study that living in an environment with birds is associated with better mental health



Health Benefits of The Outdoors

Increase in Vitamin D
15 minutes outside per day will do it! Be sure to use sun protection

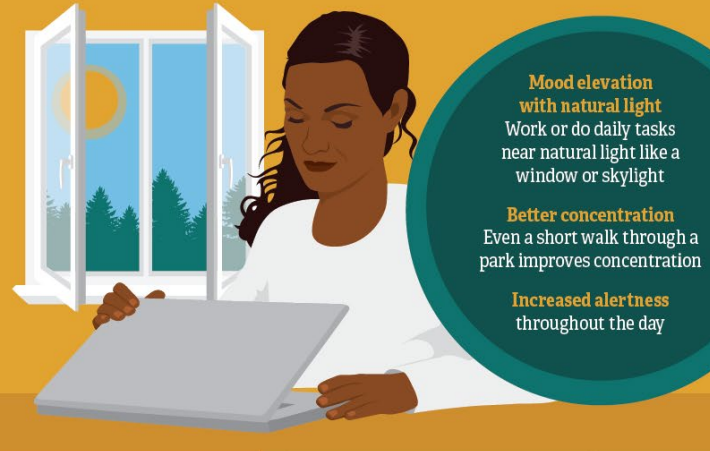
More creativity
One outing in nature can boost creativity



Mood elevation with natural light
Work or do daily tasks near natural light like a window or skylight

Better concentration
Even a short walk through a park improves concentration

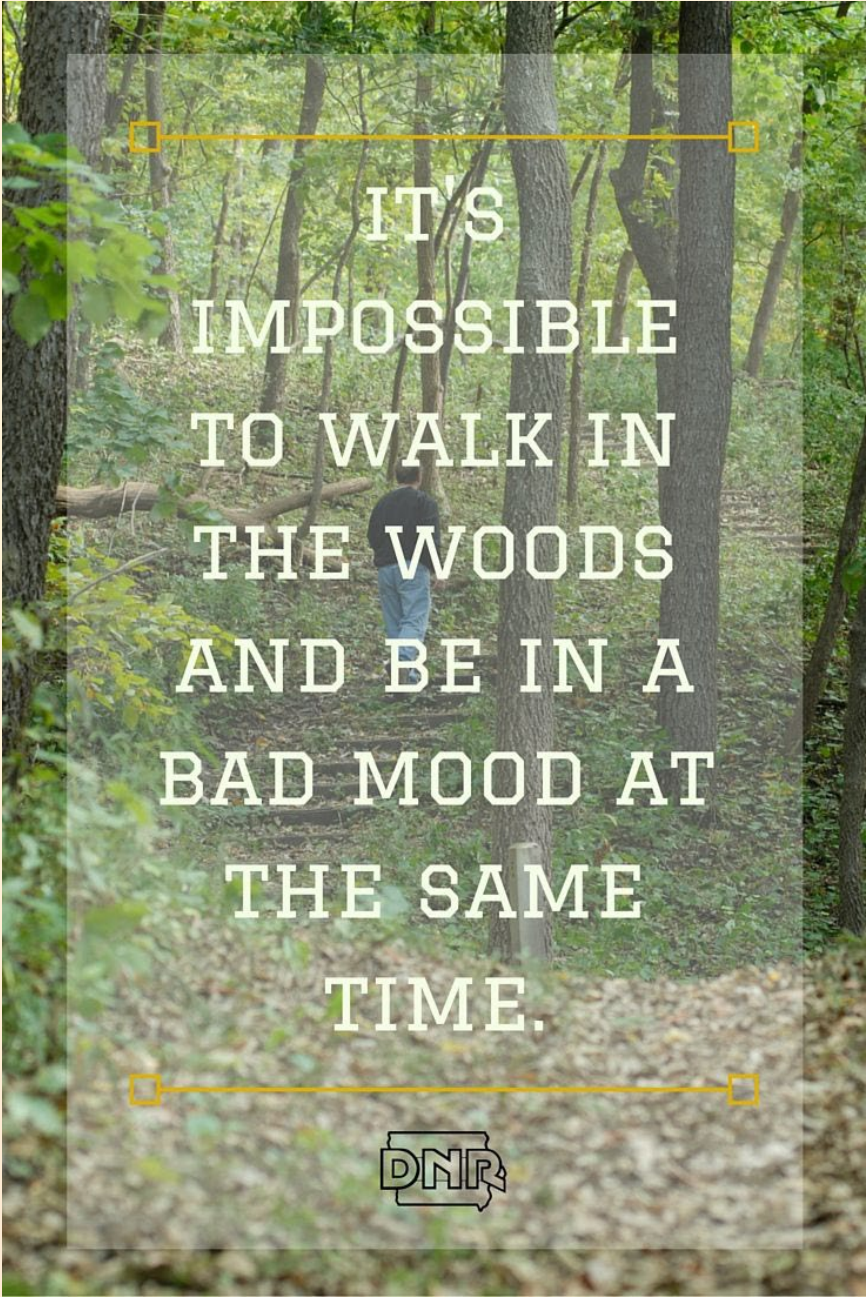
Increased alertness
throughout the day



Less anxiety
Shifting from high stimulation urban views to natural views instantly reduces stress

Better Sleep
Even a short walk through a park improve concentration



A photograph of a person walking away on a forest path, surrounded by trees and green foliage. The image is framed by a semi-transparent grey rectangle. Two horizontal orange lines with square end caps are positioned above and below the text.

IT'S
IMPOSSIBLE
TO WALK IN
THE WOODS
AND BE IN A
BAD MOOD AT
THE SAME
TIME.



What I do to combat stress

- Take my dogs (and cat!) for a walk
- Talk to my friends from childhood
- Attend one of my kids' soccer games
- Learn to surf
- Swim
- “Stomp it out”
- Count my blessings
- Do something nice for someone
- Walk in the woods or at the beach
- Listen to music
- Play board games
- Go shopping
- Cook a special recipe

Spend Non-homework Related Time With My Kids



Take a Yoga Class, Meditate

★ Mental Benefits ★ *of Yoga*



Learning efficacy
Decision making
Healthy coping mechanism
Stress Management
Concentration
"Me" time
Healthy body image
Boosted memory
Relaxed mind
Confidence



Mental clarity
Presence
Mental strength & toughness
Anxiety & depression management
Decreased perception of pain
Mind-body connection
Sense of control over emotions
Decreased impact of negative emotions
Curiosity
Optimism



Yoga: the third eye
(connects us to a deep
truth within us and those
around us)

YOGA BENEFITS

YOGA IS NOT FOR THE FLEXIBLE.
IT'S FOR THE WILLING.

GROUNDING
&
BETTER FOCUS

• Peace
of Mind •

INCREASES
**ARM
STRENGTH**

BY 12% AFTER 16 CLASSES

HELPS
DIGESTION

INCREASED
LUNG CAPACITY

INCREASES
METABOLISM



► OXYGEN TO
THE BRAIN

Increases Libido

Slower Breathing
Less Stress



LESS CHANCE
OF HEART DISEASE

BETTER POSTURE



35%

INCREASE IN
FLEXIBILITY AFTER
8 WEEKS OF PRACTICE

DECREASES LACTIC ACID IN MUSCLE
& DECREASES JOINT PAIN



THE WHOLE U
UNIVERSITY of WASHINGTON

DID YOU KNOW?

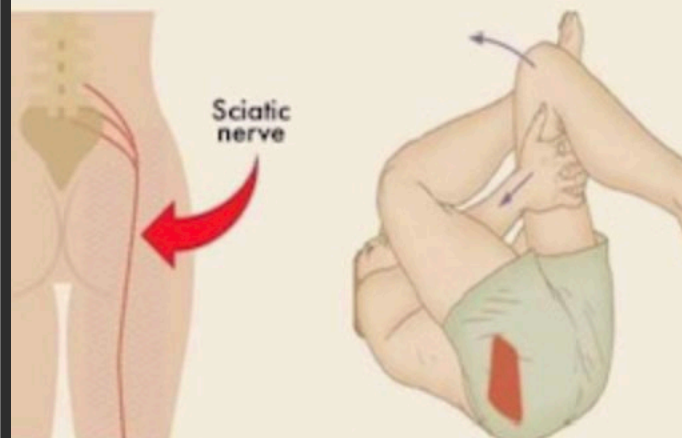
DOING THIS POSE FOR A FEW MINUTES PER DAY...



INDUCES RELAXATION, RELIEVES STRESS AND LIFTS MOOD, STRETCHES THE SPINE, SHOULDERS, LOWER BACK, AND HAMSTRINGS, STIMULATES ORGANS INCLUDING INTESTINES, KIDNEYS, LIVER, OVARIES AND UTERUS, HELPS RELIEVE SYMPTOMS OF MENSTRUAL DISCOMFORT.

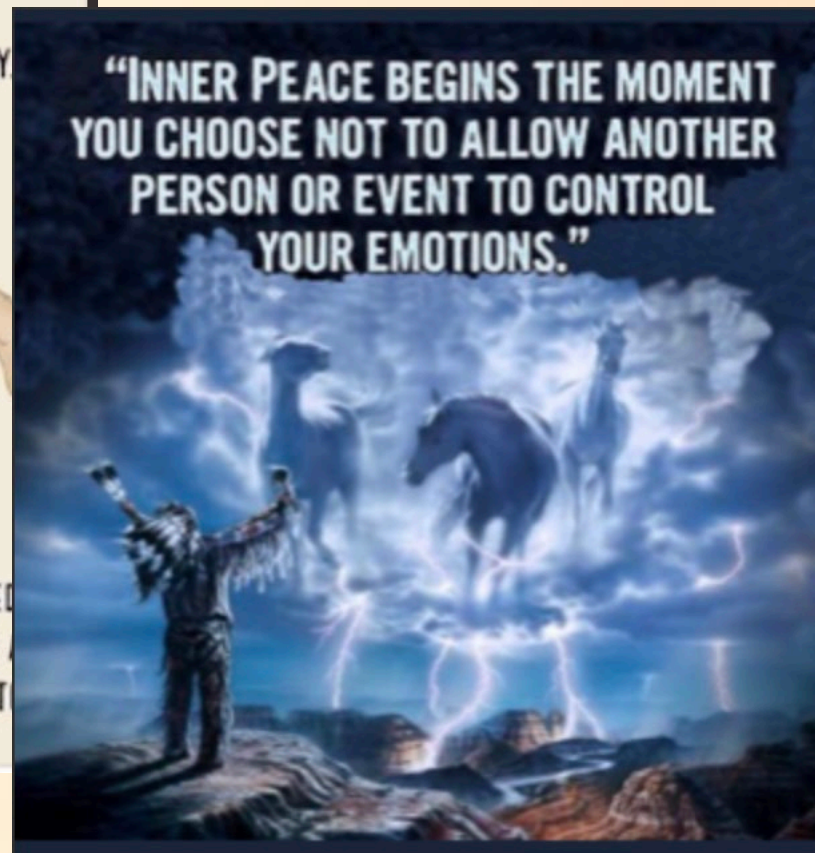
DID YOU KNOW?

DOING THIS STRETCH FOR SEVERAL MINUTES PER DAY



STRETCHING YOUR PIRIFORMIS MUSCLES CAN LITERALLY REDUCE PAIN ESPECIALLY SCIATICA AND LOWER BACK PAIN, IT ALSO REDUCE TIGHTNESS IN THE BACK OF YOUR LEGS, BUTT AND HAMSTRINGS, AND PERHAPS YOUR CALF MUSCLES

"INNER PEACE BEGINS THE MOMENT YOU CHOOSE NOT TO ALLOW ANOTHER PERSON OR EVENT TO CONTROL YOUR EMOTIONS."



I Used to Drink Wine, But I Still Love My Coffee!!!



Take Frequent Mini-breaks, Socialize with Co-workers



“I Hope You Dance!”




Benefits of Dancing!

- Improved circulation
- Increased muscular strength
- Improved endurance
- Better aerobic fitness
- Weight management
- Stronger bones, less risk osteoporosis
- Improved coordination, ability and flexibility
 - *Source: Better Health*

Dance, Dance, Dance!



A person with long, dark hair is seen from the back, looking out over a field towards a sunset. The sky is a mix of orange and yellow, and the field is dark and blurry. The person's hair is dark and appears to be blowing in the wind.

A GREAT ATTITUDE BECOMES A GREAT MOOD.
WHICH BECOMES A GREAT DAY.
WHICH BECOMES A GREAT YEAR.
WHICH BECOMES A GREAT LIFE.

JOEY MAC #SPEAKLIFE



YCABG

You can always be growing!

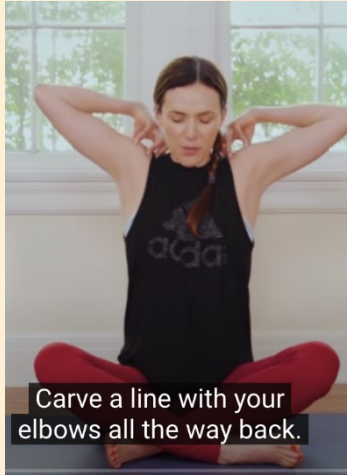
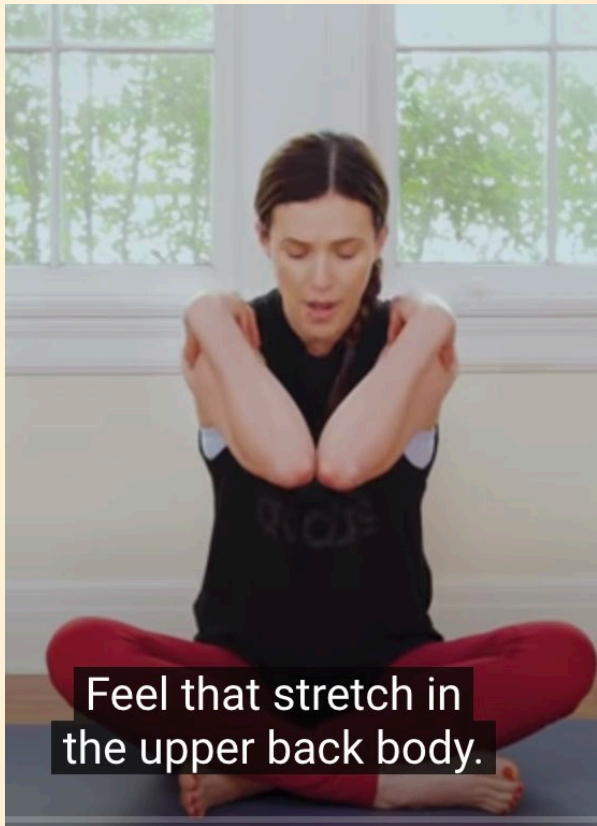
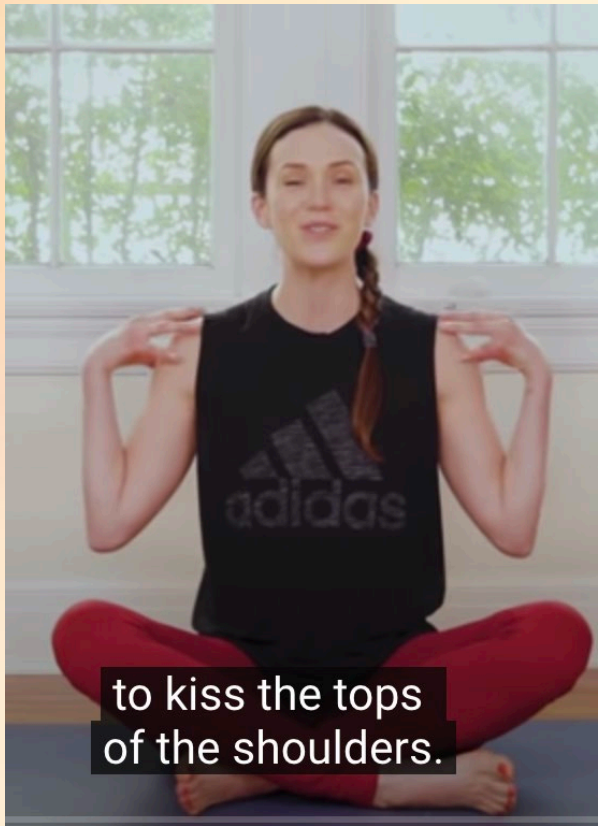


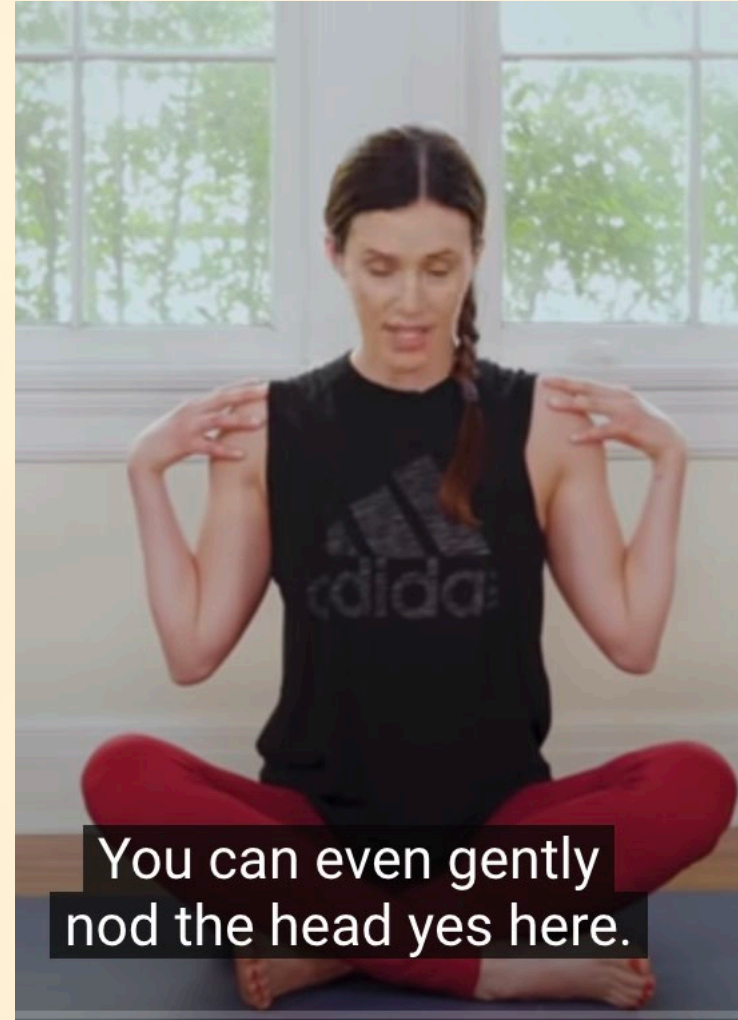
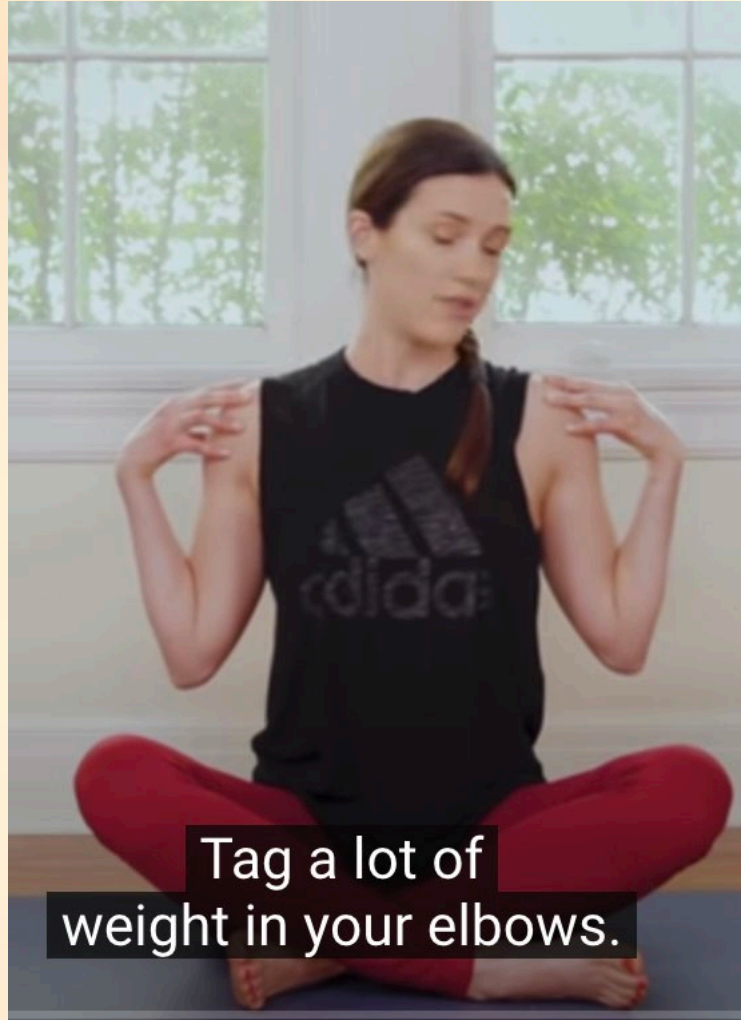
we're really lifting
up out of the waist.

Quick Yoga Stretch for Tech Neck

I Hope You Dance

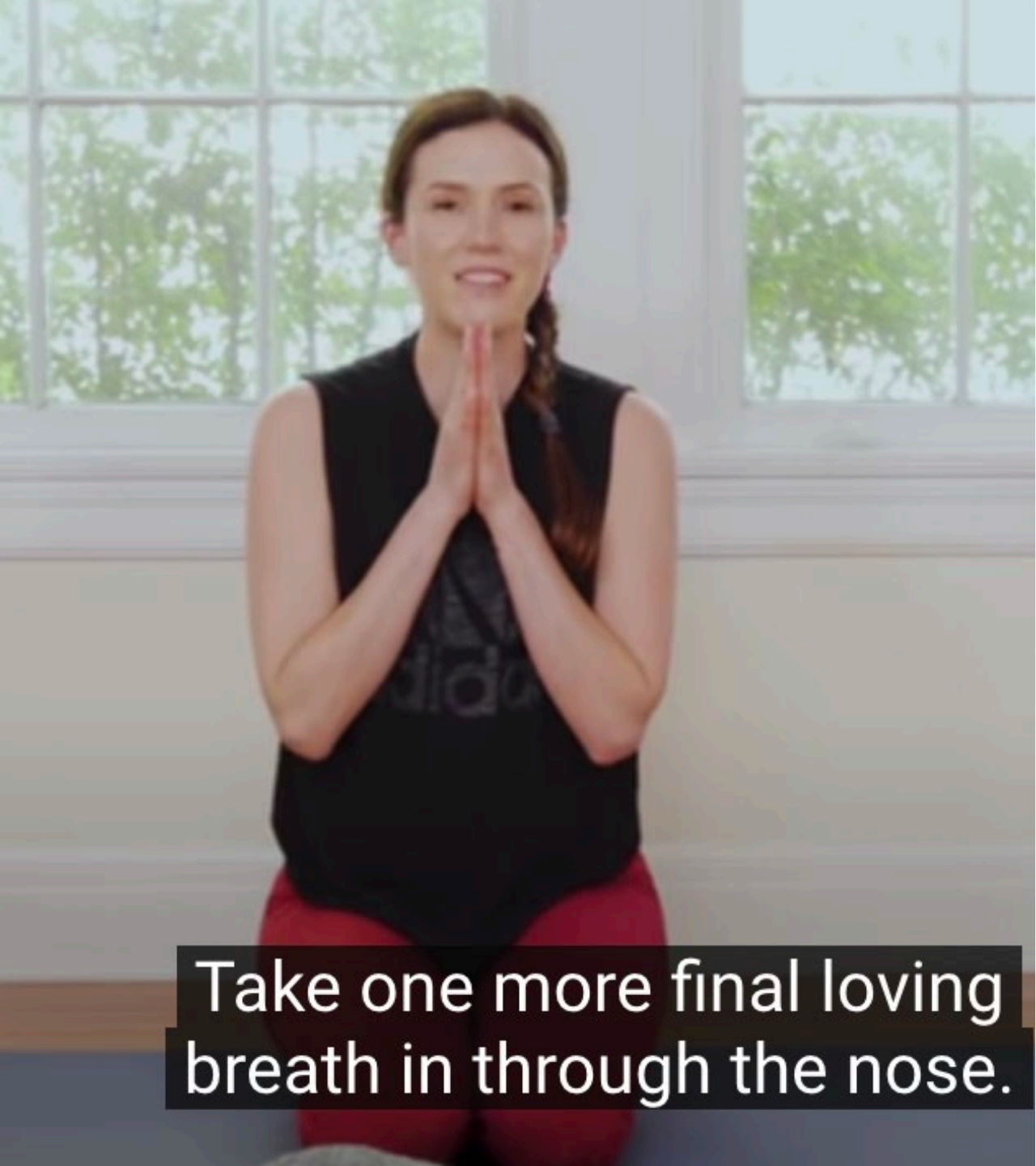
Sit up straight in a chair is fine







And then no.



Take one more final loving
breath in through the nose.

Now you are a Yogi!

Namaste!!! I Honor You

