

Session 4 3:00 p.m. – 4:30 p.m.

"Fostering Self-Care and Resilience Among Nurses During Challenging Times"

Moderator: Victoria Odesina, DNP, APRN, PHCNS-BC

Speaker: Daisy Rodriquez, RN, RNC-MNN, FCN, MSN/Ed, DNP(s)

Webinar Etiquette

Please remember to mute your audio.

The chat feature is limited to sending messages to the moderator and for our Q&A session. Please refrain from using the chat room to socialize with other participants.

Please use the chat box to submit your questions for the speakers

Jot down the zoom log in information in case you become disconnected and need to rejoin the session.

Enjoy the conference!

Session 4: Objectives

At the conclusion of the session, participants will be able to:

- 1. Define self-care and resiliency in nursing.
- 2. Describe the significance of self-care and resiliency in nursing.
- 3. Apply core life skills to support positive physical, social, mental and spiritual well-being.

Are You Resilient?

- What is your level of resiliency?
 - a) None
 - b) Low
 - c) Moderate
 - d) High
- How often do you practice self-care per week?
- What are the implications of lack of self care and resiliency in nursing?

YouTube: Are You Resilient

Are You Resilient?

FOSTERING SELF-CARE AND RESILIENCY AMONG NURSES DURING CHALLENGING TIMES

SELF-CARE OF THE MIND, BODY AND SPIRIT INCORPORATING MINDFULLNESS INTO DAILY PRACTICE

Daisy Rodriguez, RN, RNC-MNN, FCN, MSN/Ed, DNP(s)



SELF-CARE

The practice of taking action to preserve, restore or improve one's own health.



RESILIENCY

- Resiliency defined as the bounce back and the recovery from stressful events
- Impact of stressful events enhanced by Covid-19
 - Professional demands (extended shift, less staffing/workload, deaths of patients and co-workers, etc
 - Personal demands child care, loss of wages, lack of sleep, lack of self care, etc

SIGNIFICANCE OF SELF CARE AND RESILIENCY

- How do the stressors affect you and your family?
- How do these impact your work ethics, patient care and outcome?
- Compassion fatigue and moral distress = burnout

MINDFULNESS

- Quality or state of being conscious or aware of something;
 being in the moment
- Experiencing your experience
- Being in alignment with your mind, body and spirit



MIND

- Taking time to acknowledge your thoughts
- Where are they leading you to?
- Knowing the difference between beneficial and nonbeneficial thoughts



BODY

- Taking time to acknowledge your body's natural rhythm
- Acknowledging the breath and the power of breath work
- Knowing the difference between beneficial body aches versus nonbeneficial

SPIRIT

- Taking time to acknowledge your spiritual belief system
- Acknowledging the difference between religion and spiritualty
- Knowing the difference between beneficial views and nonbeneficial views of spiritualty and religiosity

SOME TAKE AWAY POINTS

- Develop self care plan (identify vulnerabilities and reset often)
- Seek support/help
- Share experiences
- Set boundaries/put yourself first
- Practice resilience/forgive yourself



THANK YOU

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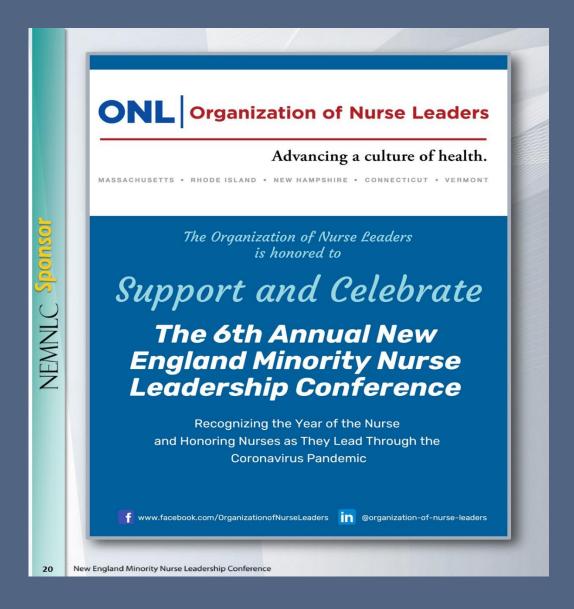
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