



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 Rodriguez, 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](#)

A graphic consisting of a horizontal rectangle divided into two equal halves. The left half is green and the right half is orange. The text "Are You Resilient?" is written in white, bold, sans-serif font across the center of the rectangle, spanning both colors.

FOSTERING SELF-CARE AND RESILIENCY AMONG NURSES DURING CHALLENGING TIMES

SELF-CARE OF THE MIND, BODY AND SPIRIT -
INCORPORATING MINDFULNESS 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 spirituality
- Knowing the difference between beneficial views and non beneficial views of spirituality 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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*Thank
You*

Thank you for participating in this session!



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