

SELF CARE SUPPORTING SCHOOL NURSES

Self Care and The Journey to Well Being

November 8, 2021

Helping People Live Better Lives.

Nurses: On The Front Lines

Surveying Nebraska Nurses

- 4,200 survey responses
- 55.4% felt their mental health has been only somewhat, minimally, or not supported by their place of work
- 42.2% were moderately or extremely concerned about their overall sense of mental health and well-being.
- Over 70% reported exhaustion, depression, and irritability. 33% were extremely concerned about “burnout.”

The Impact of COVID-19 on the Mental Health of Nurses in Nebraska

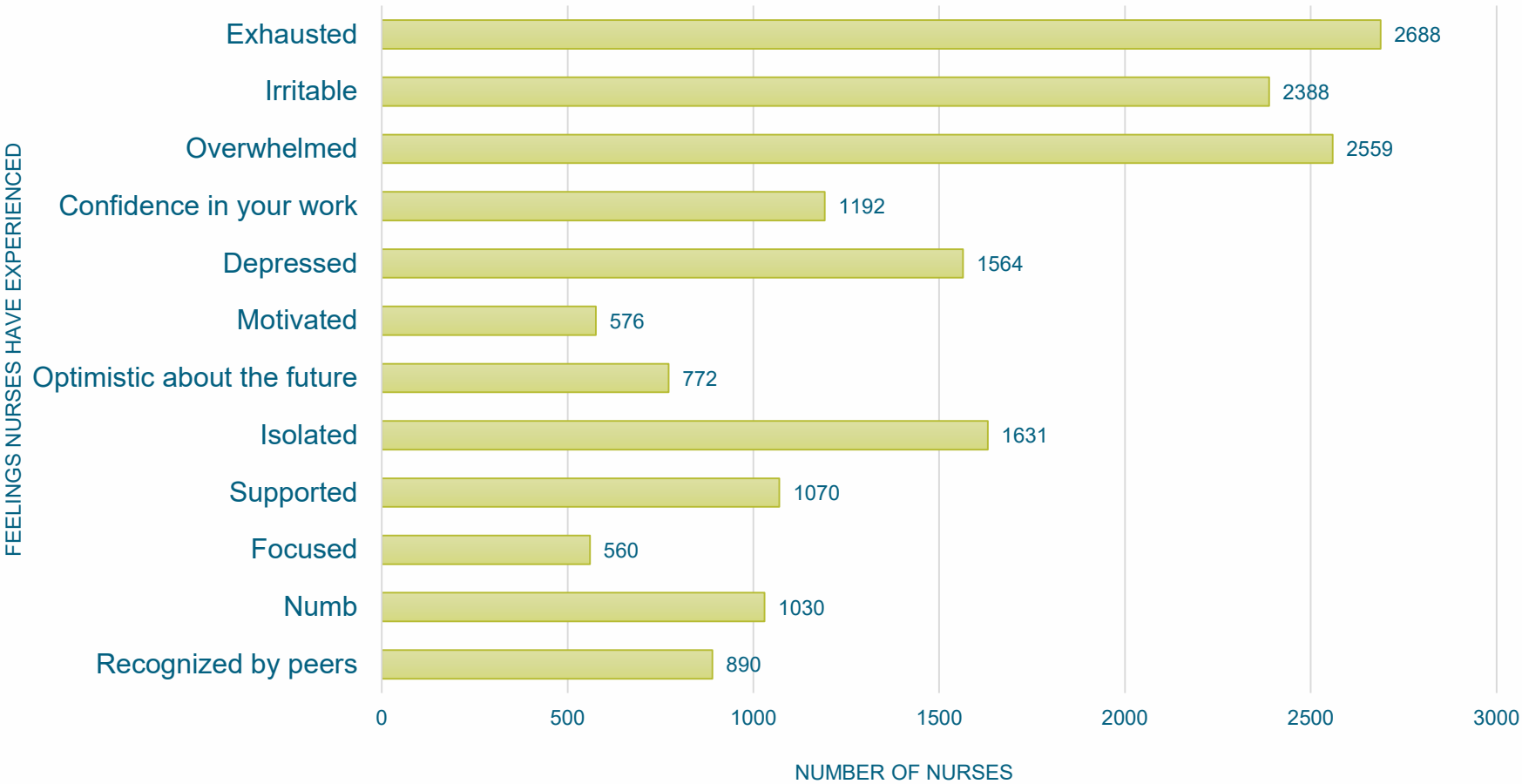
Olivia Spence, Emma Scholtes, and Kate Shewchuk
UNMC College of Nursing, Lincoln, NE



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Feelings Nebraska Nurses Have Experienced

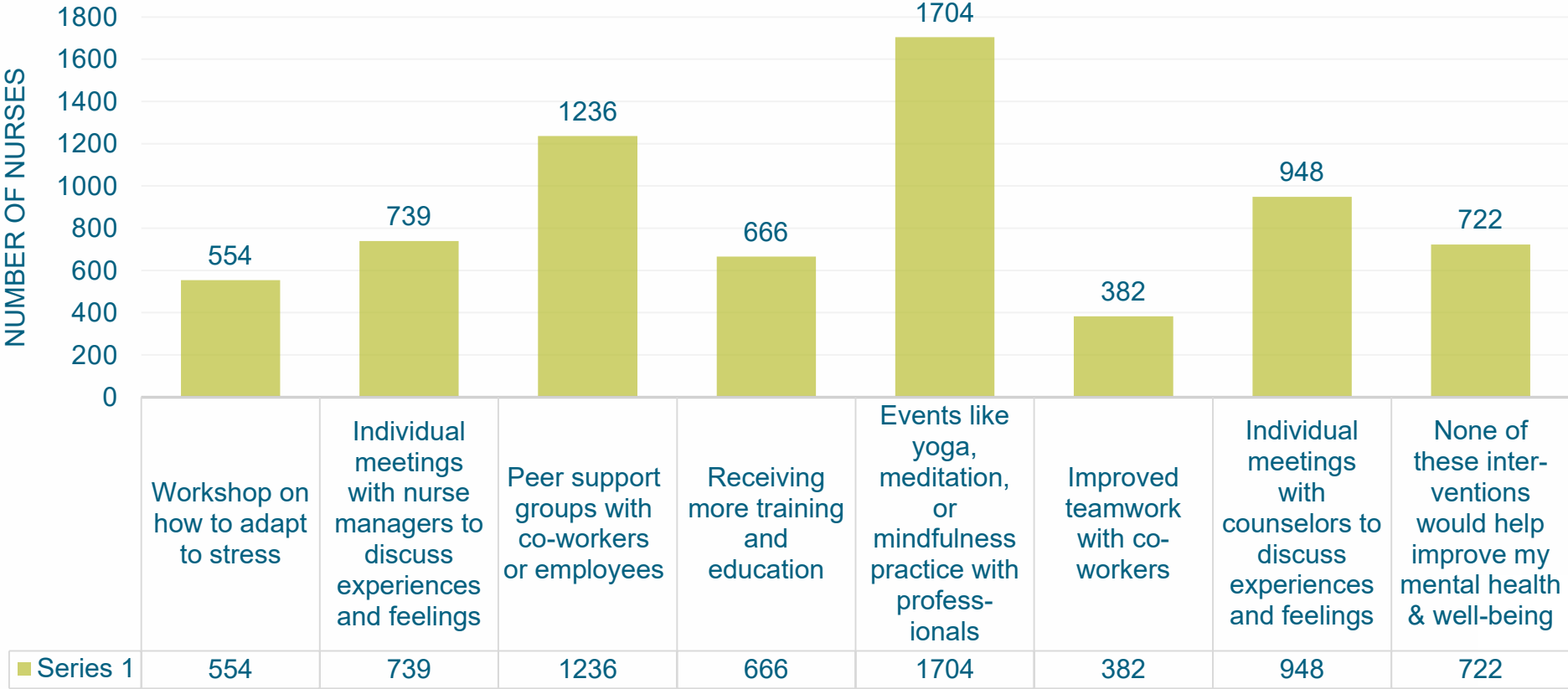
Since February 2020



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Interventions That Would Work for Nebraska Nurses

For Improved Mental Health and Well being

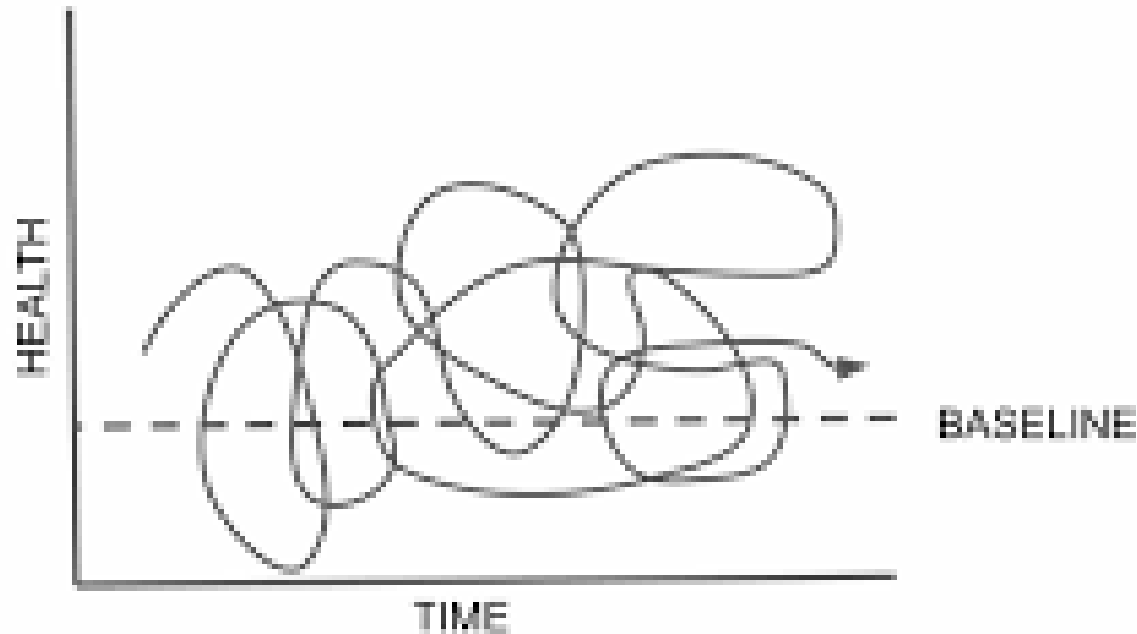


INTERVENTION PROVIDED BY PLACE OF WORK



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Is This Your Health and Well Being Journey?



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Attention

**What you choose to give your attention
to moment to moment is the biggest
decision you make.**

Choose wisely.

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Stages of Change to Your Self Care Journey

1. Nope, not interested.
- 2: Hmm, I'll think about it.
- 3: On your marks, get set, get set....
- 4: Here we go healthy, here we go! clap, clap, clap, clap, clap
- 5: Nuh nuh nuh nuh, Nuh nuh nuh nuh, hey, hey, stress, good bye!

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School Nurses



It's OK to not be OK! As caregivers we have to give ourselves grace.

Your Body Tells You to FOCUS!

Isn't it time to listen to your body and mind?

- When we are stressed, our bodies respond in specific ways.
- If you have a self care deficit - pay attention.
- Self Care is a stress management “tool”.
- Schedule your start to self care! Nurses know everything begins with an assessment!



Assess Your Stress Level

- <https://www.stress.org/wp-content/uploads/2019/04/stress-inventory-1.pdf>
- <http://appliedpospsych.com/wp-content/uploads/2016/06/Stress-and-Burnout-Questionnaire.pdf>
- <http://www.hcei.org/uploads/5/2/4/3/52438643/stress-questionnaire.pdf>

STRESS QUESTIONNAIRE



Because everyone reacts to stress in his or her own way, no one stress test can give you a complete diagnosis of your stress levels. This stress test is intended to give you an **overview** only. Please see a Stress Management Consultant for a more in depth analysis.

Answer **all** the questions but just tick one box that applies to you, either yes or no. Answer yes, even if only part of a question applies to you. Take your time, but please be completely honest with your answers:

		Yes	No
1	I frequently bring work home at night		
2	Not enough hours in the day to do all the things that I must do		
3	I deny or ignore problems in the hope that they will go away		
4	I do the jobs myself to ensure they are done properly		
5	I underestimate how long it takes to do things		

This brief inventory has been designed to give you an overview of your stress levels. It is not so much your normal life.

Stress and Burnout Questionnaire

over the warning signals of excessive stress. Relate the particularly for **changes** in your ways of coping. Score 0 - for experiencing this only occasionally (rarely) 1 - This is true quite frequently (weekly) 2 - This true often (usually daily)

fuse
nd friends

no cares anyway?"

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What is Self Care?

What people do for themselves to provide for their well being, establish and maintain health, and to prevent and deal with illness.

It is a set of practices and activities nurses should engage in regularly to help decrease stress levels and help nurses live longer, healthier lives.

TAKING CARE OF YOURSELF IS NOT SELFISH!

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Self Care

Self care is a set of practices and activities nurses should engage in regularly.

Eight Areas of Self Care:¹

- **Mental:** Capacity for knowledge, insight, confidence
- **Physical:** All that contributes to how our body feels/functions
- **Emotional:** Highs and lows of emotions, feelings
- **Spiritual:** Belief system not necessarily formal religion
- **Social:** Connection and community
- **Personal:** Nurses are people – interests, joy, fulfillment
- **Professional:** My role at work, career goals
- **Medical:** Your health “numbers or statistics”

Renewal

- Take care of yourself and ask for help when you need it.
- Do unto yourself what you would do for others!
- And putting on your oxygen mask first is self care!

1. Source: Registered Nursing.org <https://www.registerednursing.org/articles/ultimate-guide-self-care-nurses/>



Choosing Self Care

“Managing Me” and Choosing to Live Your Best Life

- Eat, sleep and be merry!
- Laughter yields physiological changes and relaxation
- The meeting matrix and the 45 minute hour
- What’s in your sock drawer?
- Journaling for growth, release, affirmations
- Breaks to refresh the spirit with accountability partner
- Self calming exercises (deep breathing, meditation)
- Movement, walk, dance, stretch, yoga
- Social connectedness

(Self Care is Easier with a Dose of Humor)



What is Self Care and “Balance”?

- Work/life balance does not necessarily mean equal balance. Self care should be on both sides in balance.
- Your best individual work/life balance will vary along your journey.
- There is no perfect, one-size fits all, balance you should be striving for.
- At the core of an effective work/life balance are **achievement and enjoyment**.



Sources: 1. Worklifebalance.com <https://worklifebalance.com/>
2. Score.org: https://www.score.org/blog/4-ways-master-work-life-balance?gclid=EAlaIQobChMlrLz-4vL88wIVQXxvBB2zvGjIEAAYAiAAEgLwbPD_BwE
3. Qualtrics: <https://www.qualtrics.com/blog/work-life-balance/>

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Self Care

After Work Checklist

At the end of your workday, take these steps to decompress.

For more well-being resources, visit:
[NursingWorld.org/TheWellBeingInitiative](https://www.nursingworld.org/TheWellBeingInitiative)



- ✓ **Review**
Acknowledge a challenge you faced, take a deep breath, and let it go.
- ✓ **Reflect**
However small, consider and appreciate three positives in your day.
- ✓ **Regroup**
Offer support to your colleagues—and ask for help when you need it.
- ✓ **Reenergize**
Turn your attention to home. Focus on relaxing and resting.



Source: **Nursing World/ American Nurses Association (ANA)**

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