



# LECTURE HIGHLIGHTS

## Nurse Self-Care by Martha Rodriguez

Presented at the January 21 School Health Connections zoom meeting

According to the [World Health Organization](#), self-care is defined as “what people do for themselves to establish and maintain health, and to prevent and deal with illness.”

### Why Is It Important for Nurses to Participate in Self-Care?

It's important for nurses to engage in self-care because as the old adage goes, “you can't pour from an empty cup.”

### The Effects on Nurses and Patients If Self-Care Is Neglected

The occupational stress associated with the nursing profession is a problem. More nurses are experiencing depression and anxiety caused by their jobs.

Depression affects 9 percent of everyday citizens, but 18 percent of nurses experience symptoms of depression. That's right, almost 20 percent of nurses experience symptoms of depression!

If nurses aren't caring for themselves, other health issues will eventually arise, which can affect them both professionally and personally, sometimes leading to [leaving the nursing profession](#) altogether.

### What is Mindful Listening?

Mindful listening is a way of listening without judgment, criticism or interruption, while being aware of internal thoughts and reactions that may get in the way of people communicating with you effectively.

### What is Grounding?

Grounding techniques help control these symptoms by turning attention away from thoughts, memories or worries, and refocusing on the present moment.

### Self-Care Resources for Nurses

This [emergency self-care worksheet](#) can help you have a plan when you are stressed.

Don't know where your time goes? This “Where is your time going worksheet” can help you figure out where you can fit in time for self-care.

Want to learn mindfulness, but don't know where to start? Mindful.org helps with this post titled, “[Getting started with mindfulness.](#)”

When meal planning, you may need to refer to dietary guidelines. The USDA offers this resource, “[Dietary Guidelines for Americans.](#)”

Ready to add some exercise to your self-care plan? Try this “[Move your way worksheet](#)” to find what works best for you.

Feeling stressed at the workplace? Ohio State University has put together a [series of videos](#) to help the distressed clinician.

Yale offers the “[Science of Well-Being](#)” course.

Join the [Healthy Nurse, Healthy Nation™ Grand Challenge!](#), an initiative to connect and engage nurses, employers and organizations around improving health in five areas: physical activity, nutrition, rest, quality of life and safety.

### Children's Book Recommendation:

*What Does it Mean to be Present?*, by Rana DiOrio

Teach and learn what being present specifically means; listening carefully when other people are speaking, savoring each bite of your delicious food or closing your eyes and being still enough to hear your inner voice. Paired with beautiful illustrations, kids will find many examples of what being present looks, feels and sounds like.

