

SPIRITUALITY AND SPIRITUAL SELF-CARE: UPLIFTING EACH OTHER

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Westerman Conference: Feb 6 2018



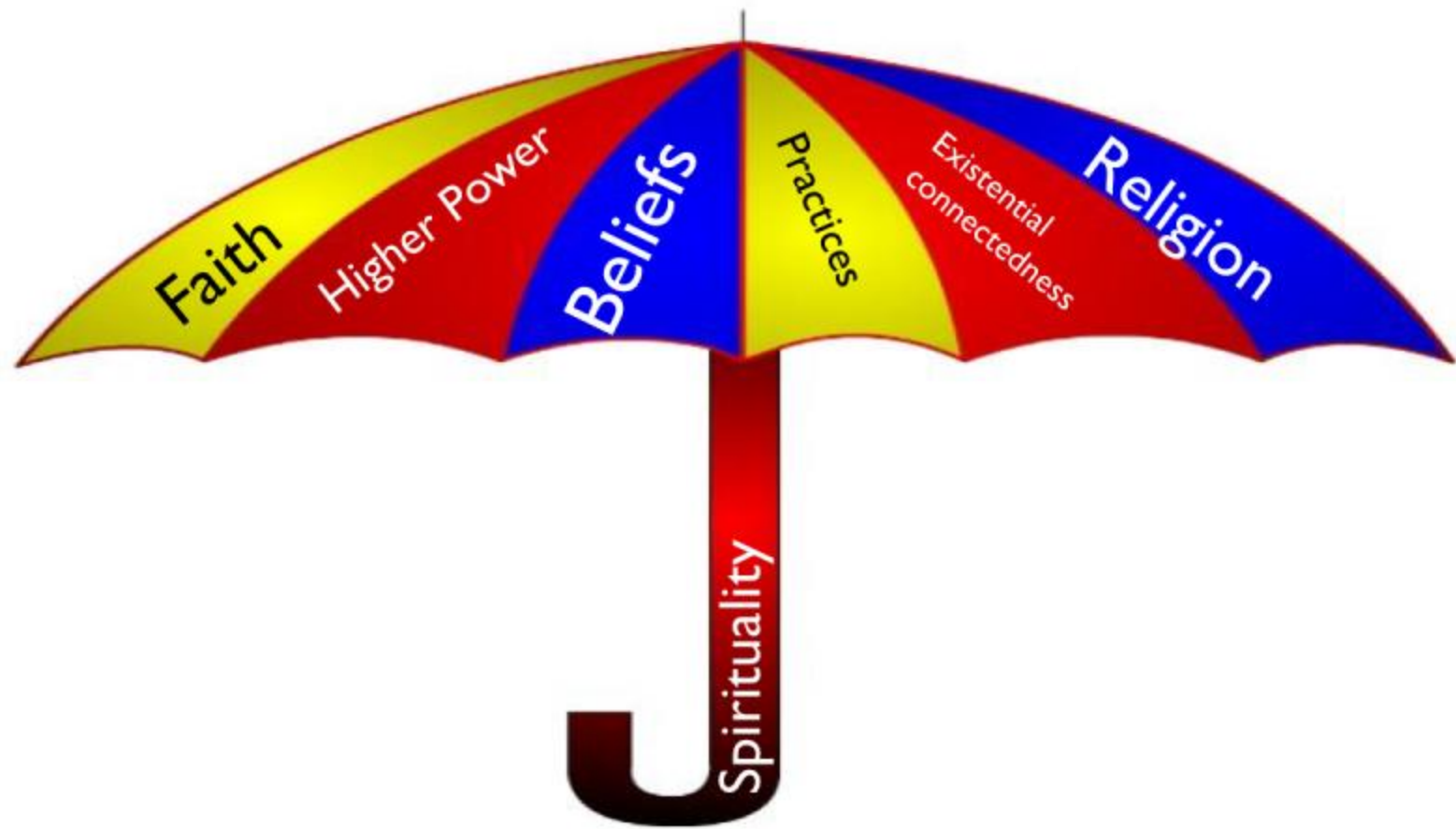
Agenda for the next 60 minutes

- Introduction
- Meditation
- Spirituality and Henry Ford Cardiac Nurses Video
- Challenge Exercise
- Presentation of the Trophy



I am here?

- How
- Why
- You
- Each other
- Theory/Practice/Research
- Mind/Body/Soul
- Think outside your comfort zone



Phenomenon

- What is it?
- Why is it important?
- Life changing
- Three quick examples
- Do you have one?

Spirituality

- Spirituality is beliefs that people hold related to their subjective sense of existential connectedness, including beliefs reflecting relationships with others, acknowledging a higher power, and recognizing an individual's place in the world that lead to spiritual practices (White, 2016).

Spiritual Self-care Practices

- Spiritual self-care is spiritually-based practices used to promote personal development and well-being.
- Divided into four categories
 - Personal self-care
 - Spiritual
 - Physical
 - Interpersonal
- Nurses should become familiar with the spiritual self-care practices (many are not religious, but are uplifting)

Quality of Life

- Quality of life is a multidimensional concept that encompasses physical, emotional, and social effects on the individual's perception of daily life.
- Quality of life is not observable, but instead should be evaluated using factors considered important by the researcher that can be used to explain, understand, and provide benefits from the study results.

What does spirituality mean to you?

- Balance of mind, body, and soul
- The drive or energy of each person
- Being in touch with your inner self or a higher being/energy
- Feelings of tranquility
- Believing in a higher power
- Inner core strength

What does spirituality mean to you?

- Believing in something you find to be important or that gives you peace of mind
- To be in touch with your inner self or a higher energy; can be religiously linked
- Living my faith
- The search for meaning and truth in life (self-reflection)

How do you cheer yourself up when you feel blue or sad?

- Take time for myself
- Think about things that make me happy
- Do something good for myself
- Find something to be thankful for
- Take a walk
- Speak positive affirmations
- Try to live with gratitude and remind myself that I am blessed

How do you cheer yourself up when you feel blue or sad?

- Pray
- Listen to music
- Doing something fun with friends and family

How do you help a co-worker who appears to need to be uplifted during the day?

- Help them refocus on the good of the day
- Make them laugh
- Encourage them to talk and then **LISTEN**
- Offer to feed them
- Help them see gratitude, bring for positive perspectives
- Ask how their day is going
- Be interested in their concerns
- Offer to help with their assignment

What practices do you use to make patients feel hopeful about recovery

- Use empathetic listening and answer questions
- Give examples of positive outcomes
- Contact pastoral care if asked
- Pray with them if requested
- Listen and validate their feelings
- Discuss hope and gratitude
- Give reassurance
- Stay positive, smile, and encourage

How do you use spiritual practices on your unit to create harmony and reduce stress within yourself and with your co-workers?

- We are all in the same boat, let's try to pull together
- Talk to a co-worker
- Listen to co-workers
- Be supportive
- Ask God to give me strength
- Respect other people's practices and beliefs
- Stay positive, laugh, smile, and joke
- Pray quietly to myself

What type of practice at the beginning of your workday could help you be more stress-free and productive in working collaboratively with nurses and patients?

- Exercise (deep breathing, yoga, stretching)
- Meditating
- Pray
- Think positively
- Start with a good attitude
- Know why you chose nursing as a profession

Online Resources



Five minute at your desk yoga

<https://www.youtube.com/watch?v=tAUf7aajBWE&index=5&list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAI>



Self-care Practices Resources

- The five minute guided breathing and relaxation
<https://www.youtube.com/watch?v=i50ZAs7v9es>
- After work yoga
<https://www.youtube.com/watch?v=jOfshreyu4w&index=6&list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAl>
- Yoga for beginners
<https://www.youtube.com/watch?v=pWobp3phsEU>
- How to meditate
<https://www.youtube.com/watch?v=88xS-e0-uPU>
- Music to fall asleep too
<https://www.youtube.com/watch?v=bqWDLQVpHzk>
- Music Anti-Depression and Anxiety, Balance Chakra with Nature Sounds
https://www.youtube.com/watch?v=hp_LiPnWFQo
- Why practice mindfulness 3X3 method
<https://www.youtube.com/watch?v=ad7HqXEc2Sc>

Publications

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- White, M. L.,** & Groh, C. J. (2007). Depression and quality of life in women after a myocardial infarction. **Journal of Cardiovascular Nursing**: *22*(2); 138-144.