

Module IV.

The ethic of self-care

Self-care is
so important.
When you take
time to replenish
your spirit,
it allows you to
serve others
from the overflow.
You cannot serve
from an
empty vessel.

-Eleanor Brown

The self care concept



Self-care is an important factor for the health of nurses.

To preserve the health, we must take into consideration the main stress factors that affect nurses and the main strategies to combat them.

Nursing is affected by a large area of stress factors and that favors the risk of disease and poor healthcare. Most of those factors result from a lack of balance between work and home, conflict with colleagues, emotional exhaustion, lack of autonomy, etc.

Self care concept

Techniques of self-care increase the effectiveness of the patient care and influence a positive outcome in his health. Research demonstrates the value of self-care and how it encourages improving of the medical system, the care and the health of medical professionals and patients.



Self care: the ethical imperative

Our primary ethical imperative may be to care for others, but this imperative is meaningless, empty, if divorced from the imperative **to care for oneself**.

Self care implies turning one's attention explicitly to one's body, emotions, thinking.

Rather than learning to care for themselves, in ethically sound ways, students learn, in effect, that self-care is **immoral**.



Self care dimensions

Physical self care involves:

- Eating properly
- Getting good sleep
- Having adequate shelter
- Maintaining adequate hydration
- Getting enough exercise
- Seeking medical help if necessary
- Protect your body from abusive or dangerous situations and toxic substances
- Knowing how to relax
- Wearing adequate clothing
- Enjoying non-abusive consensual touch



Self care dimensions

Emotional needs:

- Honouring your feelings and needs
- Being able to grief losses
- Developing a loving and nurturing relationship with your inner child
- Creating a healthy support system
- Avoiding abusive or manipulative persons
- Knowing your limits
- Living mindfully in the present
- Practising good stress management



Self care dimensions

Spiritual self-care implies:

- Finding meaning and purpose in your life and establishing connection to things greater than yourself, such as friends and family, community, Mother Earth, the Cosmos or a higher power



Relationships self care:

- Advocating for yourself as you negotiate relationships by being able to ask for what you want and say n to what you don't want

Being aware of
thoughts, noticing
patterns

Using flexible
approaches to problem
solving

Managing Negative Thinking

Challenging &
correcting
Negative
thinking

Cognitive Self-Care

*Creative activities
& hobbies*

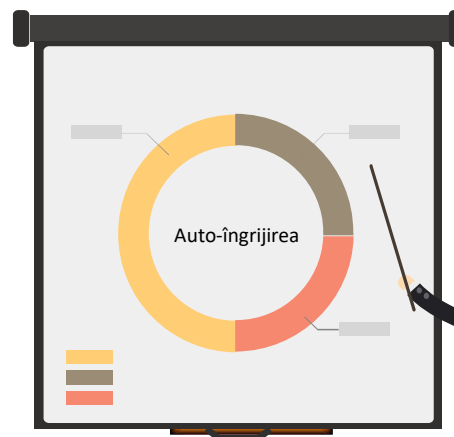
Engaging in
intellectually
interesting activities-
reading, crossword
puzzles, learning
anything new

Recognizing
personal
strengths

Identify your red flags



Self care educational film



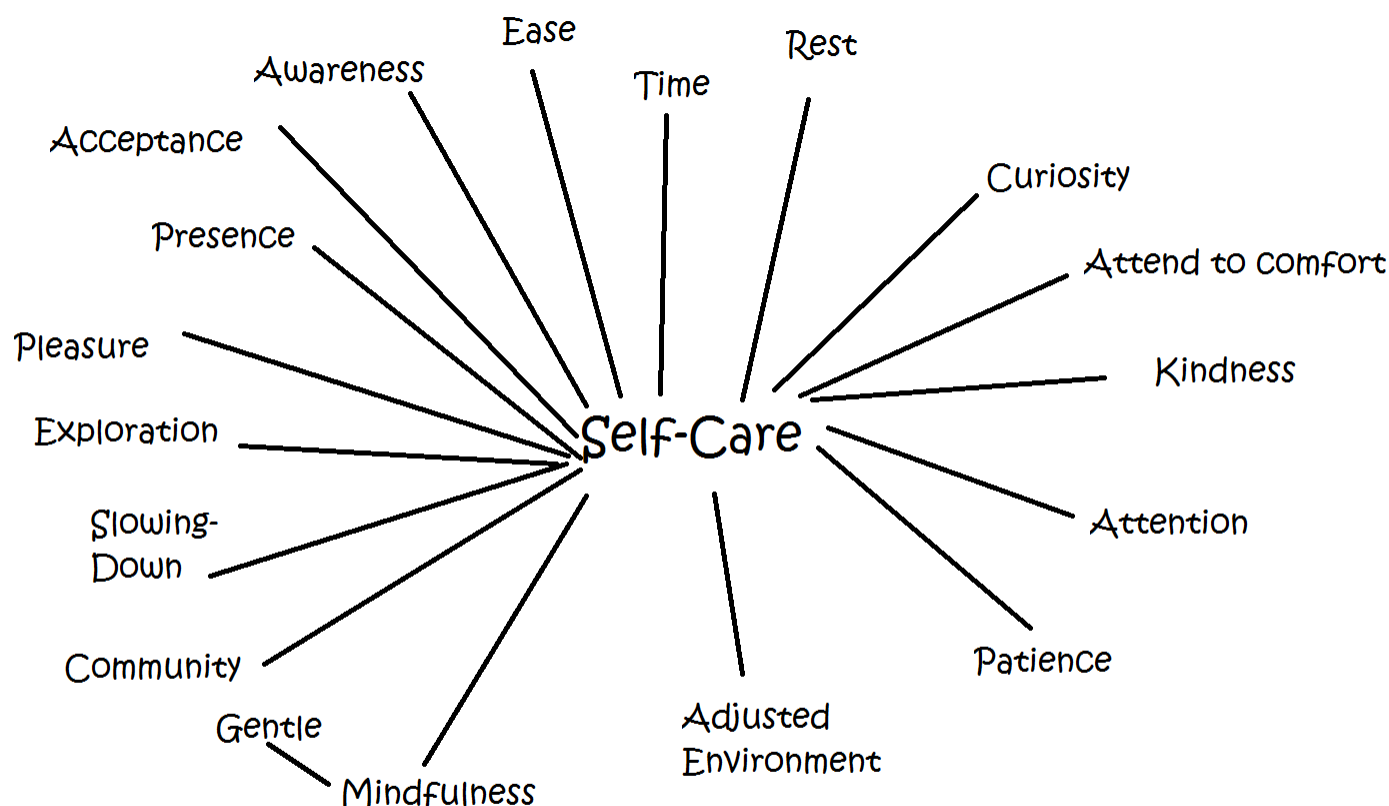
Self-Care.mp4



Questions for group discussion

- Do you find yourselves in the situations presented in the educational film?
- What are the stressor factors for you at work ?
- What do you do for self-care?
- What stops us from applying self-care?

Self-care brainstorming



's Self-Assessment

Why Complete a Self-Assessment?

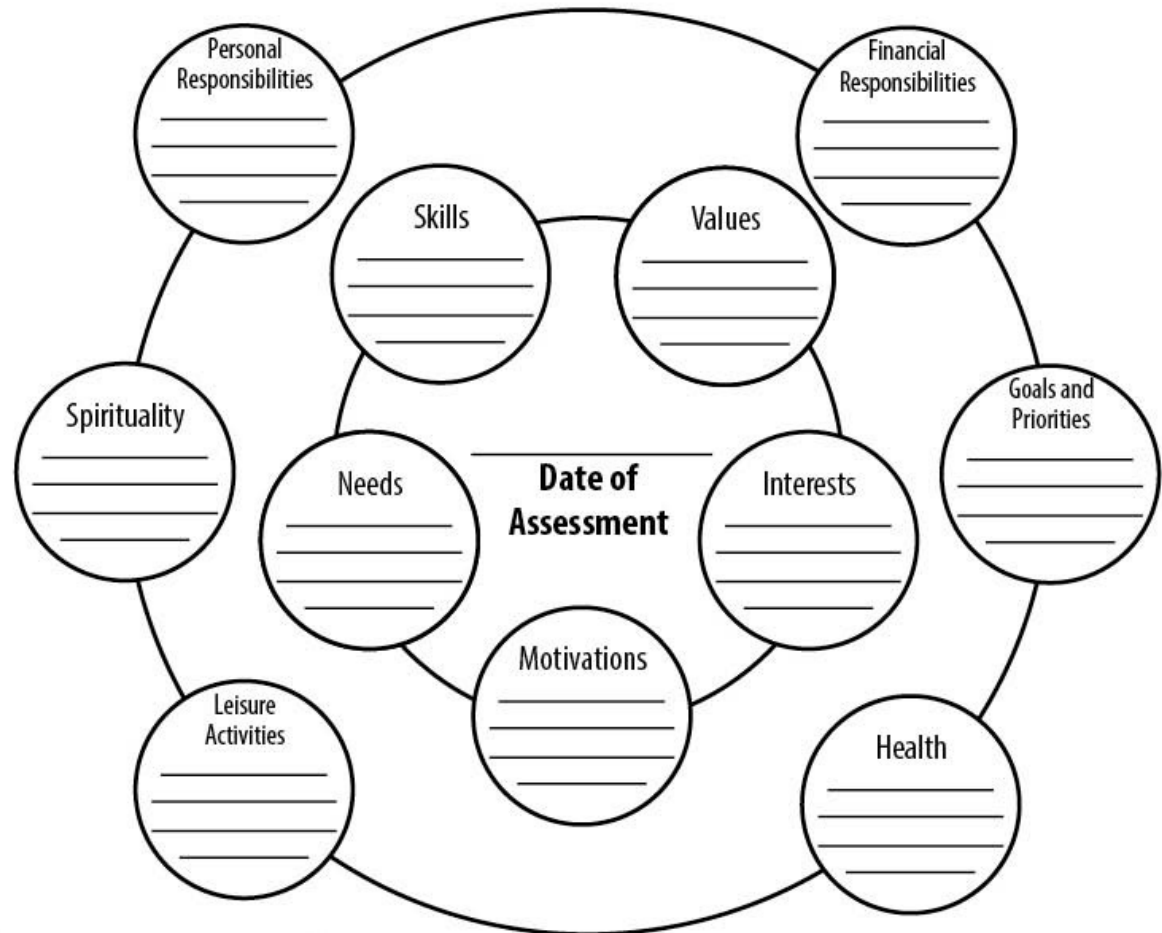
Completing a self-assessment takes a snapshot of your life, where you are at right now, and helps you to determine what's important to you at this moment.

Directions

In each space, reflect on what's going on in your life in each of these parts of your life. Write a few words or phrases that capture what it is happening or needs to change.

Measuring Progress

In a few months (and without looking at previous self-assessments) complete another one to see where you are at. What changed? How are things the same or different? What do you want to work on?



The diagram is a circular self-assessment form. It consists of a large outer circle and a smaller inner circle. The space between the circles is divided into ten equal segments by lines radiating from the center. Each segment contains a label and several horizontal lines for writing. The segments are arranged clockwise starting from the top left:

- Personal Responsibilities**
- Financial Responsibilities**
- Goals and Priorities**
- Health**
- Motivations**
- Interests**
- Date of Assessment** (This segment is positioned in the center of the circle, between the 'Interests' and 'Needs' segments)
- Needs**
- Skills**
- Spirituality**

Self-Care is a
Priority and necessity
- Not a luxury -
in the work that we do.

⇒ SELF CARE GOALS ⇐

Now		AIMS
Stressed		Calm
Disorganised		Relaxed
Poor Diet		Work Schedules
Weight Rising		Housework Plan
No Exercise		Weight Loss
No Meal Planning		Balance
Poor Self-Esteem		More Personal Care
Me Time?		Exercise Regularly

Creation of self-care plan

_____'s Self-Care Plan!

MIND	BODY
SUPPORTIVE PEOPLE IN MY LIFE	I WANT TO ACCOMPLISH
SPIRIT	

Self-care plan: model

IGNACIO 's Self Care Plan!



Blue zones power nine



Move Naturally

Right Outlook

- Purpose Now
- Downshift

Eat Wisely

- 80% Rule
- Plant Slant
- Wine@5

Belong

- Right Tribe
- Community
- Loved Ones First

Blue zones power nine

1. As a first strategy in this model we should walk more, either ride a bike instead of driving to work, or just to relax, take a walk in the park when you feel like it, take the stairs than the elevator, try to integrate what you enjoy into a „Move more” lifestyle
2. A second strategy would be to do something interesting, something you find worthwhile and that helps you focus on your career, helping others or whatever you think will help yourself set a goal.
3. A third way would be to cut calories by 20% by eating until we are 80% full. Eat enough to stop feeling hungry but not until you are full.



Blue zones power nine



4. The fourth way would be to love or be loved. Meet the ones that matter to you, be in their presence. A strong social network of friends can boost the well-being and sense of purpose. Make your family a priority
5. Fifth, you should slow down and enjoy every moment of your life. The things move so quickly that we barely get to enjoy life. Take a good sense of life's pleasure- a sunset, a great meal or even a glass of wine with a good friend.

Blue zones power nine

6. Having a glass of beverage every day after 17. This should help the body feel more relaxed.
 7. Be part of a spiritual community and believing in anything you want, only to believe in something will help you achieve your purposes more easily.
 8. Eat more vegetables than meat and processed meals.
 9. Know your purpose, understand what you want to do, what you enjoy doing and invest your energy in that.
- ✓ It's good to consider the benefits of following those steps but they shouldn't be considered as a „to-do list” or a restriction to yourself. Those are simple steps that should add meaning to your life, and give you energy and help you enjoy life more.

Strategies and main activities for strengthening self-care



The next time you have a moment to focus on yourself, try one (or many) of these self-care ideas.

- ✓ Make a playlist of songs that make you want to dance through the house. (It's also a great workout!)
- ✓ Buy some bath bubbles or salts and let those weary muscles have a break.
- ✓ Get out into nature by taking friends on an easy hike through the beautiful scenery.



- ✓ Find some peace of mind by checking an easy to-do off your list.
- ✓ Look up a new, simple recipe and cook at a leisurely pace.
- ✓ Invest in a fresh set of scrubs or some other bit of fashion that'll make you feel fabulous.
- ✓ Check into the spa for a massage, pedicure, or other relaxing treatment.
- ✓ If you have kids, color with them. If you don't have kids, color anyway.
- ✓ Visit the library and pick a book you haven't heard of (bonus points for judging it by the cover).
- ✓ Take a trip to the local art or history museum and walk slowly through the exhibits.



- ✓ Spend 20 minutes reading about a new hobby you'd like to get started on soon.
- ✓ Prep a large amount of snacks and veggies you can bring to work with you throughout the week.
- ✓ Call an old friend you've been wondering about and catch up on their latest news.
- ✓ Do something small to change your home environment, like adding a new houseplant or poster.
- ✓ Go to a nearby yoga studio, dance space, or spin class for a recharging workout.
- ✓ Nurses spend so much time on their feet. Try effortless poses to help relieve the aches and pains.





- ✓ Watch an uplifting movie you remember enjoying in the past.
- ✓ Cozy up to your cat, dog, or even a nice, big pillow.
- ✓ Surround yourself in a calming scent with lavender candles or essential oil.
- ✓ Lace up your sneakers and hit the pavement on a quick neighborhood walk or run.
- ✓ Download a new podcast about a topic that interests you, and listen to a whole episode without multitasking.
- ✓ Buy a pack of thank-you cards and write a nice note to your old mentors.
- ✓ Pick a fantasy vacation spot and start planning a trip for down the road.



- ✓ Make it a point to catch the sunrise or the sunset.
- ✓ Read through a list of inspirational quotes to get your imagination working.
- ✓ Take a good old-fashioned nap.
- ✓ Be it a thriller or a rom-com, head to the movie theater — and eat as much popcorn as you want.



- ✓ Abandon your email and phone, setting ringer alerts for only those who really need to get through.
- ✓ Bring a blanket and a book of poems to the park, or people-watch in the coffee shop.
- ✓ Satisfy your inner kid with some video games or a favorite childhood movie.



- ✓ Organize your junk drawer. Experience momentary Zen in a chaotic world.
- ✓ Make plans to do an unhurried sit-down dinner with your best friend.
- ✓ Find a nonprofit organization that promotes a cause you care about, and sign up to volunteer.
- ✓ Drive out to the country with a pal for some stargazing on a clear night.

- ✓ Try your hand at meditation. The internet has a wealth of guided meditation recordings to choose from.
- ✓ Try kayaking, skiing, or another new, exhilarating activity that's both fun and challenging.
- ✓ Book a haircut. Maybe even try a brand-new look.
- ✓ Find a collage picture frame and create an updated collection of family photos for the entryway.





- ✓ Take a class in something you've always been curious about, such as woodworking or martial arts.
- ✓ Try a new type of cuisine.
- ✓ Experience a few hours of live music at your local jazz or bluegrass venue.
- ✓ Treat yourself to a smoothie or a bagel you wouldn't otherwise spend money on.
- ✓ Get your hands dirty by starting a garden in your yard.
- ✓ Put on a favorite record you used to love in high school and take a trip down memory lane.
- ✓ Do something with your hands, such as knitting or crocheting.

- ✓ Practice pottery or painting, even if you don't consider yourself to be a creative genius.
- ✓ Relax on the couch with a heating pad or hot water bottle.
- ✓ Hop in the car and take yourself on a spontaneous day trip outside of town.
- ✓ Get a beginner's workbook in a foreign language and learn a new phrase or two.
- ✓ Eat breakfast for dinner.



Case study:

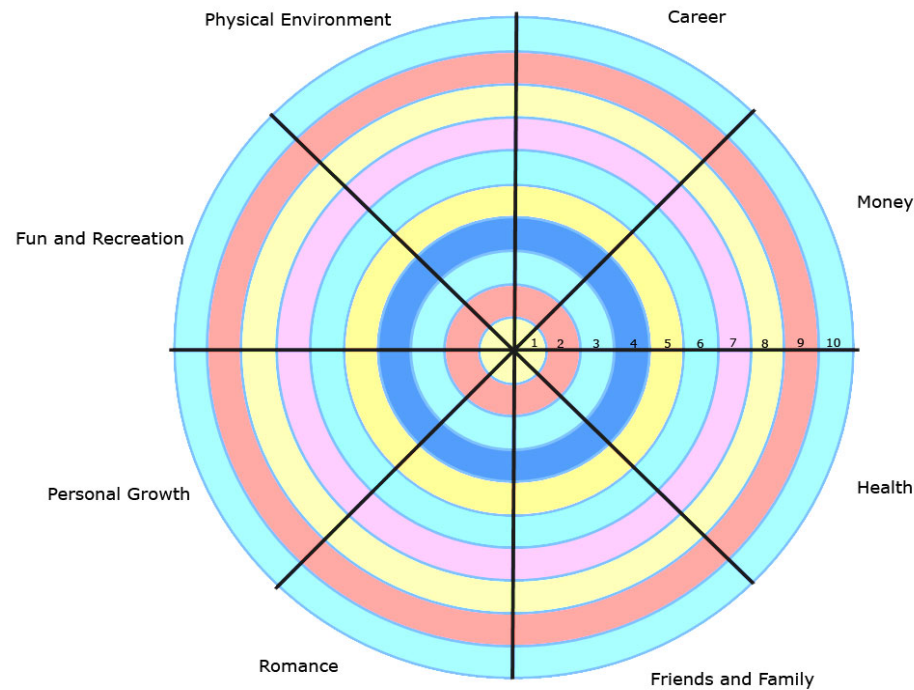
Ashley, a third-year medical student, wrote this confession for an ethics course. Ashley's story is about an experience she'd had almost two years earlier, on the first morning of her first inpatient rotation.

“Mary, who was not much older than Ashley, had been hospitalized with sepsis, caused by immune suppression from chemotherapy. Shortly after arriving on the floor, Mary developed Acute Respiratory Distress Syndrome. The entire team ran to her room, and the Chief Resident told Ashley to sit by the bed and encourage Mary to relax. For more than five hours, while residents and attending ran in and out of the room doing everything in their power to arrest Mary's respiratory decline, Ashley held Mary's hand, repeating, over and over again, “Just breath. Relax, it's going to be okay. Breath. Please try to relax. We're all here for you. Just breath”. When Mary stopped breathing, the Chief Resident pushed Ashley away from the bed, and he and the rest of the team began the code. Death was declared several minutes later. The team abruptly left the room, leaving Ashley alone with Mary's battered body. No one ever spoke to her about Mary's death.”

Questions for small groups discussion?

- Have you ever been in Ashley's situation or similar?
- How did you feel?
- What would you do to overcome the emotional burden?
- What strategy would you apply for long term self-care?

Mark your blue flags on the circle of life



Adapted by Kent Blumberg from Whitworth, L., Kimsey-House, K., Kimsey-House, H., & Sandahl, P. (2007).
Co-active coaching: New skills for coaching people toward success in work and life. Mountain View, CA: Davies-Black Publishing



Exercise: Jar of

- For this exercise you will need a jar. Reconsider your week, personal and professional aspects. Pay attention especially to moments you had negative thoughts and feelings.
- Take a piece of paper and write down how you felt for each occasion. Recall your feelings and thoughts at that moment.
- Think of ways to understand those feelings and thoughts and try to understand why they bothered you. Find a way to manage them and then put the bad energy inside. When the jar is full throw everything away or burn it.
- This way, you get rid of the bad thoughts and feelings and make space for the good ones.
- This exercise is special as you can do it with colleagues or friends. You can write what bothered you and later ask others for advice.
- It can be used for conflict solving as well, all parties involved being invited to write down their feelings and thoughts and find out the other's point of view on the matter.
- It will facilitate a more positive socialization between colleagues and friends.



Exercise: Express your gratitude

In this exercise we invite you to express your gratitude:

- Think for a few moments, then choose the persons that have inspired you the most during the past month and to whom you are grateful to.
- Take into consideration all persons you have interacted with: family and friends, colleagues and collaborators, acquaintances, people on the street.
- Try to imagine her or him as vivid as possible. How does she/he look, how is she/he dressed, and all the things you are grateful for.
- Take a piece of paper and write what you feel for that person, what determined you to choose her/him as a source of inspiration. Write half a page or more.
- In the last phase, call that person and read her/him what you have written or put the message in an envelope and send it to that person or even go to her/his place and tell how you feel.
- Tell us how you felt while writing and communicating the message of gratitude.

And
Don't forget:

