



Nursing Self Care- Nurturing the Soul

Elizabeth Squires DNP RN CRRN NEA-BC
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Objectives

1. Participants will be able to identify techniques to improve self-care
2. Participants will be able to identify way to incorporate these techniques to improve job satisfaction





CDC Study on Nursing Burnout*

Nearly half of health workers reported often feeling burned out in 2022, up from 32% in 2018.

1 in 4 U.S. essential workers (including healthcare professionals) received a mental health diagnosis since the pandemic's onset

Favorable working conditions, such as trust in management and supervisor support, were associated with lower odds of burnout and overall poor mental health.

Healthcare workers reported less burnout when they had enough time to complete their work and be productive.

The number of health workers who reported harassment (e.g., bullying, verbal abuse) more than doubled from 2018 to 2022.

Feelings of harassment at work increased feelings of anxiety, depression, and burnout.

In 2022, almost half of the surveyed health workers planned to look for a new job.

From 2018 to 2022, health workers reported an increase of 1.2 days of poor mental health during the previous 30 days (from 3.3 to 4.5 days)

The percentage of health workers who reported feeling burnout very often increased from 11.6% to 19.0%.

**Vital Signs: Health Worker–Perceived Working Conditions and Symptoms of Poor Mental Health — Quality of Worklife Survey, United States, 2018–2022.*

Compassion Satisfaction vs. Compassion Fatigue



Compassion Satisfaction- The positive aspect of helping. Pleasure and satisfaction derived from working in a care giving system



Compassion Fatigue- The diminished ability to provide empathetic and compassionate care due to the mental and emotional strain of caring for suffering patients (secondary traumatic stress)



Visible signs of compassion fatigue

	Yes	No
Shows marked decline in work efficiency	<input type="checkbox"/>	<input type="checkbox"/>
Is intent on clinical tasks to the detriment of patient interactions	<input type="checkbox"/>	<input type="checkbox"/>
Is more callous toward patients than in the past	<input type="checkbox"/>	<input type="checkbox"/>
Shows signs of mental or physical breakdown during crisis periods	<input type="checkbox"/>	<input type="checkbox"/>
Has outbursts of anger or irritability with little provocation	<input type="checkbox"/>	<input type="checkbox"/>
Exhibits a declining opinion of caregiver role	<input type="checkbox"/>	<input type="checkbox"/>
Treats patients like impersonal "objects"	<input type="checkbox"/>	<input type="checkbox"/>
Has expressed a desire to explore an entirely different position	<input type="checkbox"/>	<input type="checkbox"/>
Repeatedly fails to fulfill clinical responsibilities	<input type="checkbox"/>	<input type="checkbox"/>
Total "Yes" answers	_____	

Invisible signs of compassion fatigue

	Yes	No
Feeling a reduced sense of accomplishment	<input type="checkbox"/>	<input type="checkbox"/>
Being secretly happy when a procedure is canceled	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding interactions with patients and colleagues when possible	<input type="checkbox"/>	<input type="checkbox"/>
Often leaving work feeling ineffective in job	<input type="checkbox"/>	<input type="checkbox"/>
Having mood swings with every patient interaction	<input type="checkbox"/>	<input type="checkbox"/>
Harboring resentment about role as caregiver	<input type="checkbox"/>	<input type="checkbox"/>
Having unhealthy attachment to patients	<input type="checkbox"/>	<input type="checkbox"/>
Feeling that poor patient outcomes adversely affect continued performance	<input type="checkbox"/>	<input type="checkbox"/>
Experiencing anxiety when interacting with emotional patients	<input type="checkbox"/>	<input type="checkbox"/>
Total "Yes" answers	_____	

Total combined "Yes" answers _____

What your score means: **0–2:** No cause for immediate concern; **3–5:** Investigate root causes of "Yes" answers; **6–18:** Seek additional professional counseling.

Signs a nurse is on 'low power mode':

- Overall countenance seems somber and/or disconnected
- Pre-occupied with idealism or nostalgia rather than thinking about the future
- Suspended emotional intelligence
- Auto-Lock: defensive, sarcastic, and cynical
- Productivity decrease
- Increased call outs

Self Care and Self Compassion

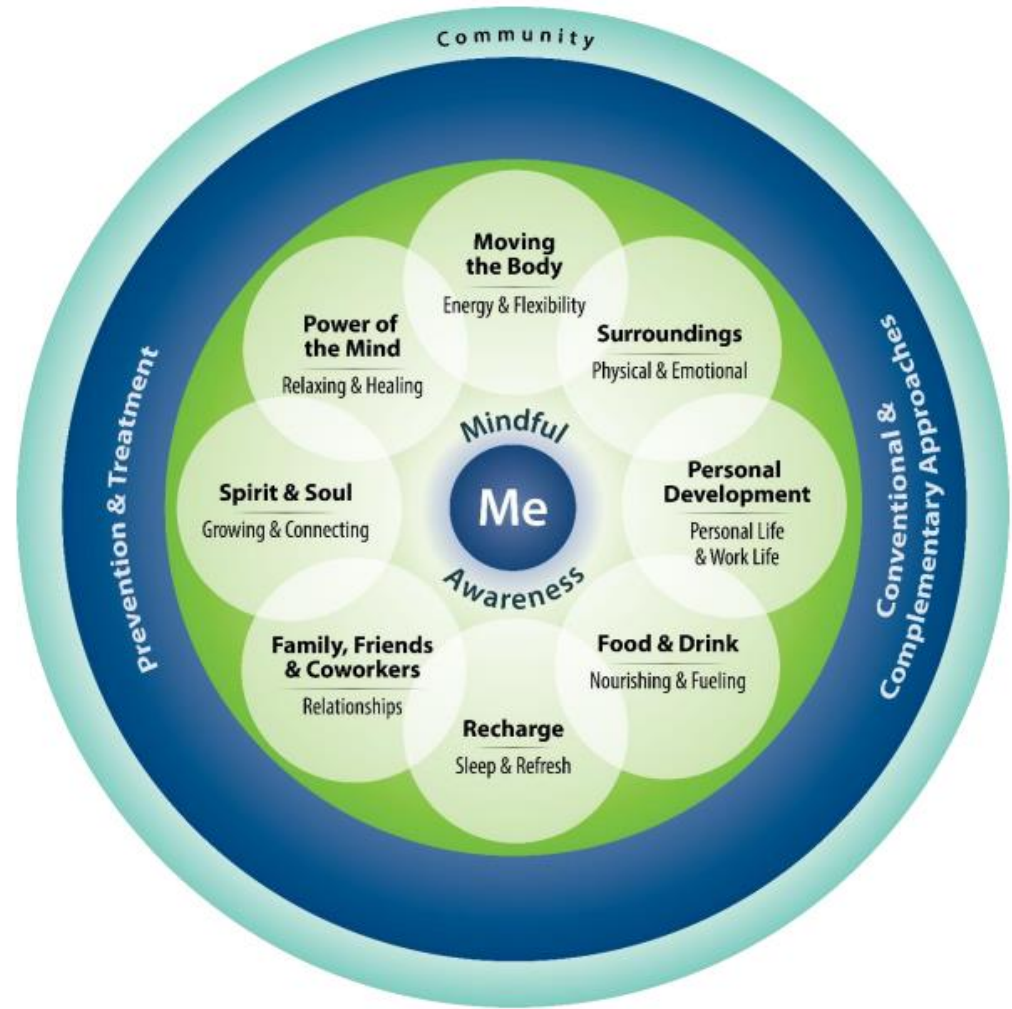
Self Care

- According to the world health organization, the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider
- “You can’t pour from an empty cup”

Self Compassion

- Can lead us to gain understanding of who we are and what we need to thrive in nursing
- Through self compassion we may be able to mitigate compassion fatigue and burnout
- Three core elements are mindfulness, self-kindness and common humanity

THE COMPONENTS OF PROACTIVE HEALTH AND WELL-BEING



Me + **Self Care** + **Professional Care** + **Community** = **Whole Health**

[Whole Health Library Home \(va.gov\)](http://WholeHealthLibraryHome.va.gov)

Moving the Body- Energy and Flexibility



Yoga

Walking

Dancing

Gardening

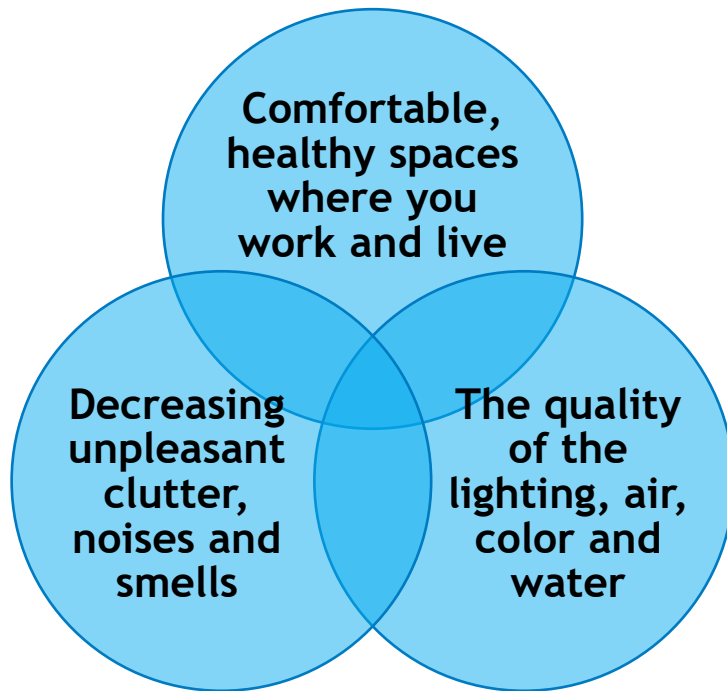
Sports

Cycling

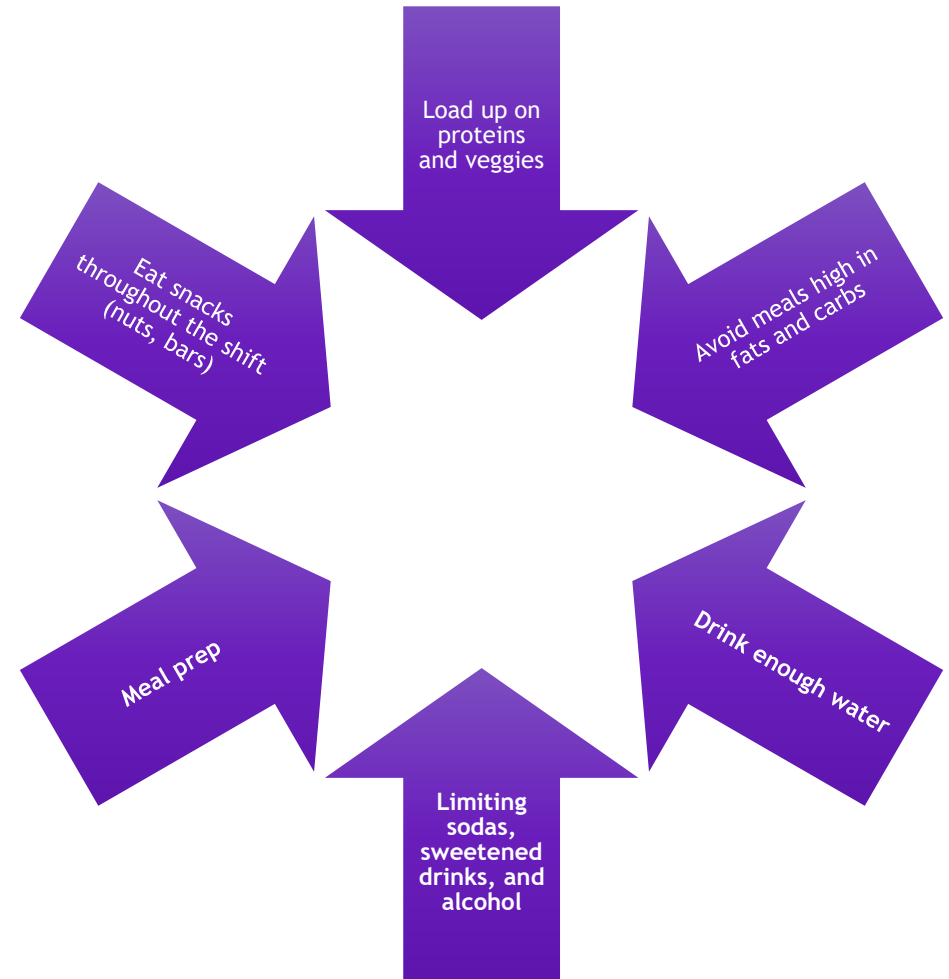
Swimming

Gym

Surroundings- Physical and Emotional



Food and Drink- Nourish and Fuel



Personal Development- Personal life and work life

- Create a personal and personal development plan
- Develop abilities and talents
- Setting and reaching goals
- Managing finances and other resources
- Continue your education
- Take advantage of development opportunities at work
- Bring more humor and laughter into your life



Recharge- Sleep and Refresh

- Getting enough sleep, rest, and relaxation
- Exposing your body to bright light during work hours.
- Minimizing exposure to light during sleep hours.
- Planning and sticking to sleep schedules.
- Hang blackout curtains and keep the room dark as long as you need to sleep.
- Keep the temperature cool, as a cooler room is more conducive to a good night's sleep
- Ask people not to disturb you
- Nap strategically
- Forego the electronics



Relationships- Family, friends, and coworkers

Set Boundaries

Schedule uninterrupted family time

Listen and understand different perspectives

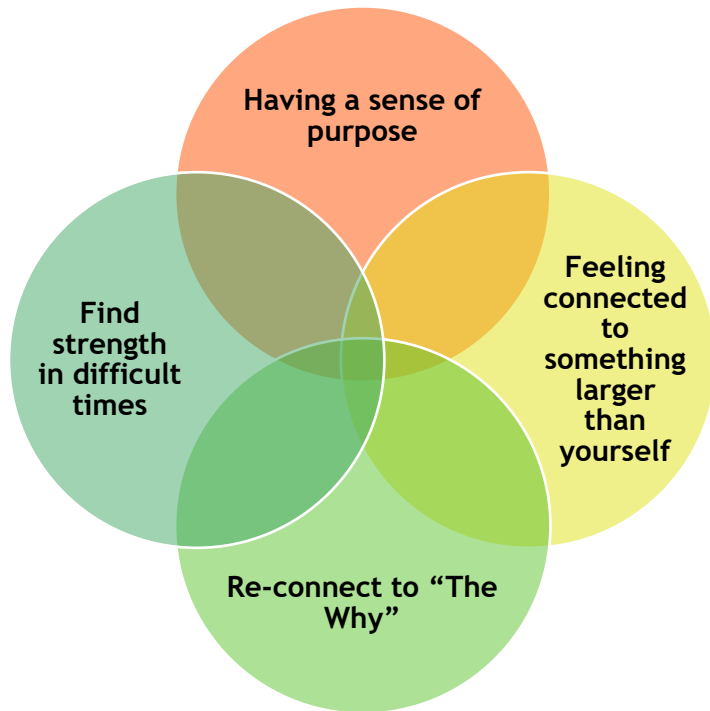
Face difficult relationships head on- don't let them escalate

Be a mentor

What does work life balance look like to you?



Spirit and Soul- Growing and Connecting



Power of the Mind- Strengthen and Listen

Tapping into the power of your mind to heal and cope
Using mind body techniques like relaxation, breathing or
guided imagery
Practice mindfulness meditation



The Wellness Wheel

Key

1. I am very unhappy with this part of my life.
2. I am unhappy with this part of my life, but I haven't hit rock-bottom.
3. This part of my life is pretty good but could still use some improvement.
4. I am content with this part of my life, but I can see a few tweaks that would make it even better.
5. I am completely happy and fulfilled in this part of my life – there is no room for improvement.

Social Wellness

Developing a sense of connection, belonging, and a well-developed support system

Emotional Wellness

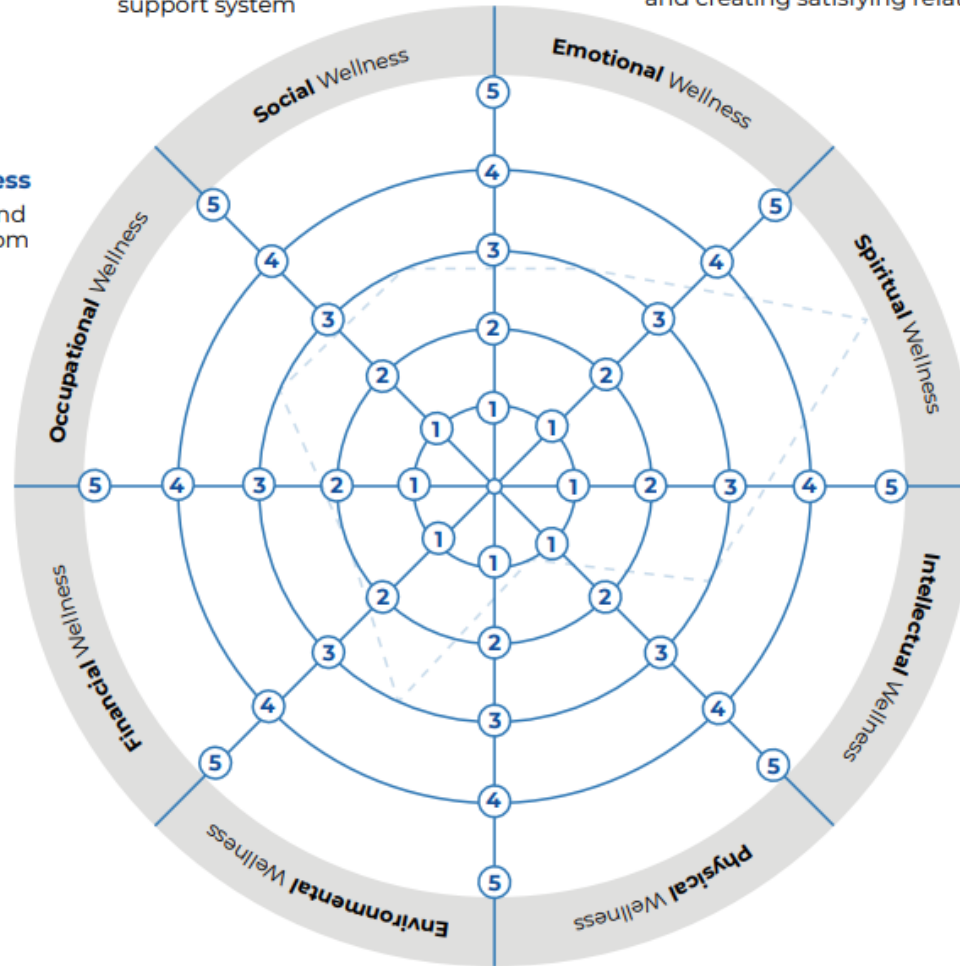
Coping effectively with life and creating satisfying relationships

Occupational Wellness

Personal satisfaction and enrichment derived from one's work

Spiritual Wellness

Expanding our sense of purpose and meaning in life



Financial Wellness

Satisfaction with current and future financial situations

Intellectual Wellness

Recognizing creative abilities and finding ways to expand knowledge and skills

Environmental Wellness

Good health by occupying pleasant, stimulating environments that support well-being

Physical Wellness

Recognizing the need for physical activity, diet, sleep, and nutrition

Helping Each Other- The Support System

The Five Signs of Suffering

- Their personality changes
- They seem uncharacteristically angry, anxious or moody
- They withdraw or isolate themselves from other people
- They stop taking care of themselves and may engage in risky behavior
- They seem overcome with hopelessness and overwhelmed with their circumstances



Where Do We Go From Here?



References

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