

Mindfulness: Taking care of you as you take care of others.

Laura Tubbs RN LNHA
Assistant Professor, ICHS





Sample footer text

Learning Objectives

Objective one: The learner will use the concept of health promotion and maintenance for self care.

Objective two: Identify two EBP causes of burnout.

Objective three: Identify common symptoms people experience when stressed.

Objective four: Demonstrate 2 stress reduction techniques.

Objective five: Create a self maintenance plan.



Introduction

The journey of mindfulness through the pandemic: a story of self-preservation.



Topic one

What is stress and
burnout?

Definition of Stress and Burnout

Subjective Data: Your definition

Mentimeter activity:

Self reflection-

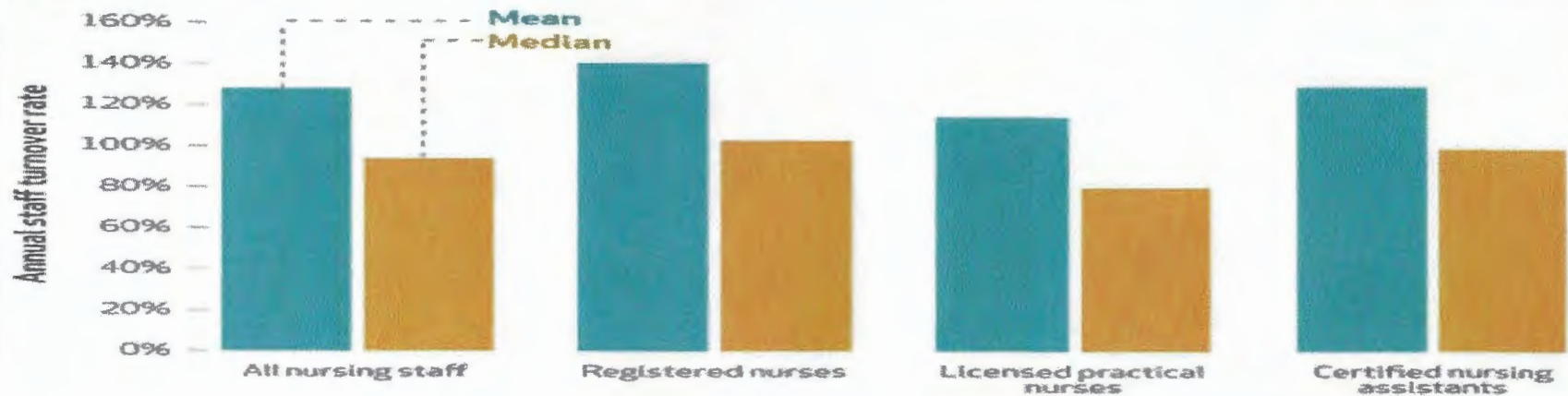
Objective Data

- + Stress is a normal, human reactions (NIH, 2022) It is how your brain and body respond to any demand (psyc.com.net/stress-test)
- + Burnout is a psychological syndrome arising out of managing work stress. It is a combination of emotional exhaustion, depersonalization, and low personal accomplishment (Maslach et al., 2001)
- + Stress test (let's take it and see)

Chart

EXHIBIT 1

Mean and median of annual nursing staff turnover rates at nursing homes, by staff type, 2017-18



SOURCE Authors' analysis of data from the Payroll Based Journal. **NOTES** Annual turnover rates are measured as a percentage of the hours of nursing care that a facility provides. We calculated the turnover rate by summing the percentages of care hours provided by departing employees in the ninety days before their last workday.

EVP; Causes of Burnout:

Prolonged occupational stress

- + Prolonged occupational stress is a principal component rooted in emotional exhaustion, depersonalization, and reduced feelings of personal accomplishment...Maintaining the right work-life balance involves many components: demanding work, socialization, and sleep (Harris, 2021, p.10, 11)

Lack of well-being support

- + Press Ganey study results from the Cleveland Clinic June 2020 with 85% participation of approximately 70,000 caregivers in their network. Results: they needed more well-being support as soon as possible. The pulse survey offered insight into how COVID-19 was directly affecting caregivers (Hancock, K, et. al, 2021, p. 6)

Low sense of belonging

- + Low affective commitment means that nurses have a low perception to be part of the hospital organization. They have a low sense of belonging and not happy to be part of the nursing team in these hospitals (Wentong, W. et. al, 2021, p8)



Topic three

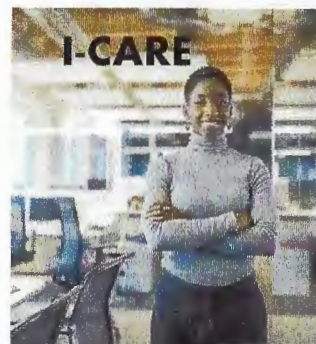
Self-Maintenance Plan:
I-CARE

CARE: Break it down and plan items you would like to commit to-put daily, weekly, monthly next to the item.

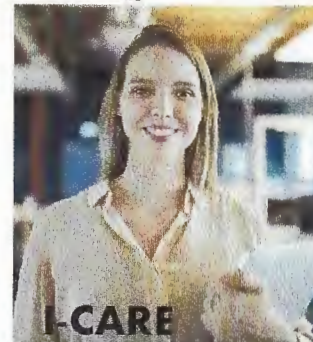


C: Comfort-get 6 hours of sleep daily

I-CARE Plan for personal wellness



A: Attitude of gratitude: tell, or write a thank you to 1 person daily

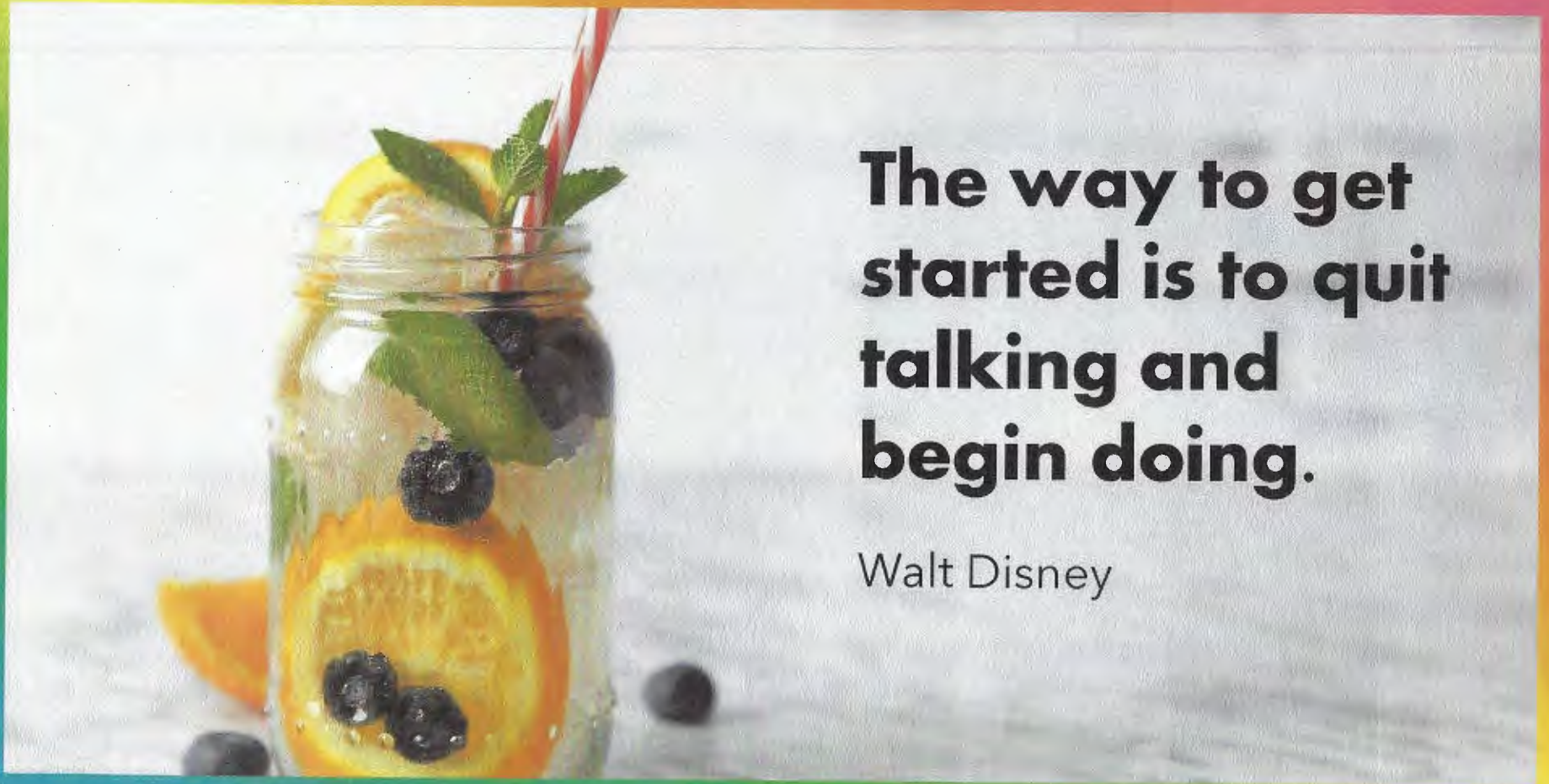


R: Read- a book a month



E- Exercise 35 minutes, 5 times per week:
Walking Briskly

3/1/20XX



The way to get started is to quit talking and begin doing.

Walt Disney



Summary

The desire to help others comes natural to the seasoned professional healthcare leader. The desire to create work life balance remains. You determine your willingness to act on your personal I-CARE plan. You determine your destiny. Start small and see, you will find greater joy in the art of living.

Remember: I-CARE



Thank you

Laura Tubbs RN LNHA
Assistant Professor at ICHS
lauranntubbs@yahoo.com