



# **HEALING OURSELVES WHILE HEALING OTHERS:**

**NURSING DURING THE CORONAVIRUS PANDEMIC**

*A Webinar Series with Tools and Resources for Professional Nurses*

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Donna is a psychotherapist, author and educator, has long addressed a wide range of life-altering experiences in the lives of children and families—loss, trauma, and stress. She has counseled professionals, young people and schools in the aftermath of individual and national tragedies — 9/11, Sandy Hook, and Hurricane Katrina. In addition to academic papers, Donna is the author of *The Seasons of Grief, Helping Children Grow Through Loss*. She taught at Columbia University and holds master's degrees from Teachers College, Columbia University; Rutgers University, and a doctorate from the University of Pennsylvania. Her post-doctoral work includes the Prudential Fellowship for Children and the News at Columbia Journalism School. Donna consults for the New York Life Foundation and the Resilient Parenting for Bereaved Families Program at Arizona State University.

Anne holds an Adjunct appointment with the SONM and is a Visiting Professor at Anglia Ruskin University, Cambridge, UK. She is a member of the Royal College of Nursing (RCN) UK and Australian College of Nursing. Her current research is on translating the social neuroscience of empathy and compassion in the context of culture, networks and leadership in nursing and healthcare. Anne holds a PhD and a Master's Degree in Primary Health Care (palliative care specialty) from Flinders University, Australia. Following completion of her PhD in 2002, she was recruited to the Faculty of Nursing, University of Alberta, Canada in 2003. In 2004, she completed an Intensive Bioethics Course at the Joseph P. & Rose F. Kennedy Institute of Ethics, Georgetown University, Washington DC.

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Millie is the founder of M. Elia Wellness offering services in Integrative health program design within local cancer survivorship communities, as well as larger healthcare systems and organizations both Nationally and Internationally. She is the proud recipient of the (SIO) Society for Integrative Oncology's 2019 Clinician Stakeholder Award for the impact her services have had and continue to have on the cancer survivorship community. She has twenty years of experience as a Nurse Practitioner and received her Masters of Arts from NYU in Advanced Practice Nursing and is a certified health and wellness coach.

Peg is an Advanced Practice Psychiatric Nurse and licensed Marriage and Family Therapist. She works with children, individuals and families to help them become more aware of themselves and others through talking and experiencing their feelings. As a Disaster Crisis Counselor and therapist, Peg has counseled individuals after 9/11, hurricanes Rita, Floyd and Sandy. Peg has served as Adjunct Faculty and Guest lecturer in several nursing programs and taught family therapy at Drew University. As a facilitator for the Recovery and Monitoring Program (RAMP), Institute for Nursing, Peg helped nurses whose practice was impaired by drugs, alcohol or other issues. She has a Masters of Arts from NYU in Psychiatric Nursing, is a Graduate of Blanton-Peale Graduate Institute and earned a PHD from Union Institute and University. Peg has a private practice in Cranford, NJ and is a Certified Holotropic Breathwork Facilitator.

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# Welcoming Self-Compassion, Finding Support and Self-Care



## GOALS . . .

- Identify your ability to provide Self-Compassion
- Locate support in your work & personal lives
- Recognize toxicity in relationships and environments.
- Identify and practice mind-body self-care strategies



# Identify your ability to provide Self-Compassion



"If your compassion does  
not include yourself, it is  
incomplete."  
- Jack Kornfield

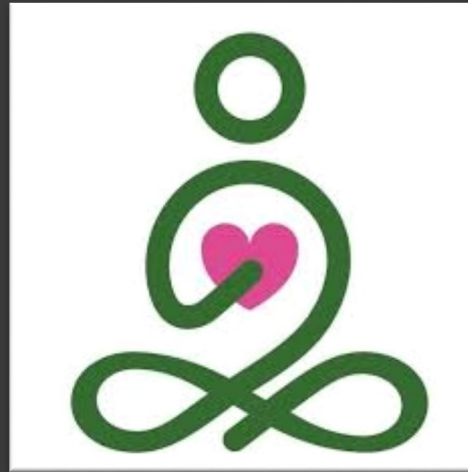
# What is self-compassion?



# Self-Compassion as a Self-Care Strategy (Neff,2003)

*Positively* correlated with:

- Initiative
- Life satisfaction
- Emotional intelligence
- Social connection
- Optimism
- Positive affect
- Happiness



*Negatively* correlated with:

- Self-criticism
- Thought suppression
- Perfectionism
- Anxiety
- Rumination



*Why is this important in Nursing?*



Photo: National Cancer Institute

# Locate support in your work and personal lives



# Recognize toxicity in relationships and environments



# FINDING YOUR SELF-CARE STRATEGIES



Photo: Jyotirmoy Gupta



Think back to your childhood—  
what made you **feel better** when  
you were sick or sad or lonely? (a  
place, story, person, food,  
activity. . .)

List them as your poll responses.  
At least 3 to 5 things that gave  
you comfort.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



Think about the *last time* you were upset, stressed out, sad, or just plain out of sorts!

List 3-5 things that give you **comfort NOW** (a book, person, music, poem, movie, song . . .)

List them as your poll responses.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



Take a few moments to finish each side of the paper—as a child and now as an adult.

Look at both lists. Think about the similarities in your self-care activities — as a child and as an adult.

How OFTEN do you practice self-care. . . .

In the past 2 days?

The past week?

Past two weeks?

Past month?

**SOMETIMES THE MOST  
IMPORTANT THING IN A  
WHOLE DAY IS THE REST  
WE TAKE BETWEEN TWO  
DEEP BREATHS.**



**Time to Breathe and Stretch.....**



Questions?



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# LINKS



[https://www.verywellmind.com/body-scan-meditation-why-and-how-3144782?utm\\_source=emailshare&utm\\_medium=social&utm\\_campaign=shareurlbuttons](https://www.verywellmind.com/body-scan-meditation-why-and-how-3144782?utm_source=emailshare&utm_medium=social&utm_campaign=shareurlbuttons)

<https://healingcirclesglobal.org/nursing/>

<https://engage.healthynursehealthynation.org/blogs/9/38>

# Let us know how you are doing!

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