

Volume 20 • Issue 1

Summer 2021

‘Nurses are the heart of healthcare!’

~ Donna Will Cardillo



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A Few Words

...from the president Jacquie Dover

Greetings,

In 2022 CTNIG will celebrate our 20th year! It is an honour for me to serve the CTNIG at such a monumental time. If you are already a CTNIG member I encourage you to consider moving into one of our leadership roles. If you are not a member, we welcome you to join our inspiring community of Ontario nurses practicing complementary therapies!



Despite the challenges of the COVID-19 pandemic, we continue working together to provide many opportunities for our members. The networking, education and research will resume this fall via Zoom, online and through our newsletter, and we are engaged in activities to influence health policy. CTNIG has also started to offer education and practices through online and virtual formats. This is such transformative journey we are on!

Thank you for your support and for your interest in complementary therapies. I look forward to connecting with you as we build the future of CTNIG.

Jacquie Dover
CTNIG President

CTNIG acknowledges your service during the COVID pandemic

In the spring, we sent out a pin “**Alone Together**” by mail created by Micheline Montgomery to our RN members as a token of our appreciation for the challenges you have had to deal with in your nursing practice and personal lives created by the COVID 19 pandemic. Hopefully you will wear it with honour.

To order any further pins contact www.pearangelartstudio.com directly.



“ I worked as a nurse in the time of SARS. My experience during SARS led me to create a series of paintings about the challenges nurses faced as frontline workers.

Now 17 years later, I feel that health care professionals are risking their lives to save ours.

At one point, they were forced to reuse potentially contaminated masks or patch together makeshift ones. The mask in the painting “*Alone Together*” is made from a coffee filter collaged with words from newspaper articles about COVID 19.

I do not have a better medium than my art to express my profound sadness for the situation the health care workers are experiencing today as they battle against COVID 19.”

Micheline Montgomery

What's Happening...

VIDEOS, VIDEOS, VIDEOS !

Several CTNIG members have been active in producing video presentations this year for RNAO chapters and groups. Way to go!!!

If you have produced any videos (meditation, guided imagery, Complementary Therapies, etc), we would love to share them with our members.

Submit to Darka Neill darka_neill@dalesfordrd.com

1. Virtual Interest Group Spotlight for the RNAO Durham-Northumberland Chapter

Introduction to the RNAO-CTNIG video (short version)

Participants:

Jacquie Dover *CTNIG President*

Katrina Graham *CTNIG Research Chair*

Darka Neill *CTNIG Consulting Editor*

This video will be uploaded to YouTube and be shared with all Durham-Northumberland members to view via social media and email.

2. Introduction to the CTNIG (long version) for the RNAO-CTNIG

Participants:

Jacquie Dover *CTNIG President*

Katrina Graham *CTNIG Research Chair*

Kim Watson *CTNIG Past-President*

3. Centering and Intention Technique for the RNAO-CTNIG

Darka Neill *CTNIG Consulting Editor*

These videos will be available on the CTNIG website (www.rnao-ctnig.org) and Facebook.

4. 'Share the Love' Webinars for the RNAO Middlesex-Elgin Chapter

Igniting the Spirit through Song & Drum: *Supporting self-care and stress reduction through the use of traditional Indigenous medicine.*

Katrina Graham *CTNIG Research Chair*

Daily Grounding and Heart-to-Heart Meditation: *Self-compassion through the experience of heart-to-heart meditation.*

Farnaz Michalski *CTNIG Policy and Political Action Chair*

SELF-CARE RESOURCES

Complementary Therapies for self-care within a practice of self-reflection/exploration, self-awareness and self-compassion.

The CTNIG created a resource list and suggestions for the development of self-care. It will be available as part of our Exploring Self-Care Series on our website (www.rnao-ctnig.org) It is also available in this newsletter.

Complementary Therapies For Self~Care



Darka Neill RN
(Non-Practising), BScN,
RP, Reiki II
RNAO-CTNIG
Consulting Editor

Background

“ As I listened to the RNAO Open Forum For Nurses to share their feelings during COVID, I was encouraged by how many nurses, nursing groups and healthcare institutions were concerned about the stress nurses were facing and used some form of Complementary Therapies (CT) from faith/spiritual based to mind/body practices for self-care and stress management. While in holistic nursing practice the individual nurse has a responsibility for self-care, their workplace and government also have a responsibility for policies and resources to support the nurse's health, safety and well-being. The RNAO has developed a number of good BPGs

relating to creating healthy workplace environments for the nurse that can be viewed at https://rnao.ca/sites/rnao-ca/files/HWE_PocketGuide2013.pd

The Complementary Therapies Nurses' Interest Group (CTNIG) has always promoted the use of CT as part of a holistic approach to nursing and healthcare as well as self-care and has offered a variety of ideas and resources in our newsletters and on our website - www.rnao-ctnig.org ””

Development of Self-Care

Ideally, the selection of Complementary Therapies and other healthcare/lifestyle practices for self-care are framed within a holistic/integrative approach including a practice of self-reflection/exploration, self-awareness and self-compassion.

Where to start?

What if you were to...

1. Make a commitment to regularly set aside some time for self-reflection. Be kind and compassionate towards yourself during the process, recognizing that imperfection is a part of the human experience and that you love and accept yourself as you are.



2. Begin the process by focusing your attention on your heart and connect to feelings of love and compassion.

Acknowledge that you are a divine, sacred being.

Set the intention that this process is for your highest and greatest good and those around you.

3. Look at yourself through the lens of an observer during self-reflection. Practices of mindfulness, deep breathing, guided imagery, music/sound, art and journaling can help develop this ability.

As an observer you may be more able to uncover patterns and habits, both healthy and unhealthy; and blocks such as resistance to change, attitudes and beliefs, and self-doubt without judgement.

4. Assess your needs based on individual factors that include your personal attributes: physical, mental, emotional, spiritual, economic, workplace and relationship components. Determine what things really matter to you (things to do) and things that distract and drain from that which really matters to you (things not to do).

5. Listen and see what comes up most intensely as you assess, to guide you where to start. *Then start with small steps...*

It can be to sit down and eat mindfully when your hungry; appreciate the wind blowing through your hair, the sights and sounds of nature when on a walk; say no to that request to sit on another committee; increase your physical activity by taking the stairs instead of the elevator more often; listen to guided imagery/meditation. Honour your own needs.

6. Start with a goal/self-care practice that is simple, achievable and sustainable based on your needs; knowledge of and skills in various self-care strategies; time and resources; and over time build on it.

You may want to consider connecting with a CT practitioner (Therapeutic Touch, Healing Touch, chiropractic, aromatherapy, Traditional Chinese Medicine, holistic nutritionist), life coach, counsellor or healthcare professional to work with you to set and reach your goals.

Then See What Happens!

Goals/practices may change over time as your needs change and as you continue to reflect, become more aware, and explore.

And remember...

*Each day is a gift,
Change can bring challenges but also opportunities and growth,
We all need help sometimes.*

We have included some resources here that may help you develop a self-care practice.

**If you are in need of further support
for mental health issues,
please contact your healthcare
provider or a therapist.**



Self~Care Resources

1. **RNAO-Complementary Therapies Nurses' Interest Group** www.rnao-ctnig.org

Exploring Self-Care

The CTNIG has initiated a wellness series called Exploring Self-Care on its website to create opportunities in the development of an individualized self-care program.

This is done through awareness of a variety of self-care strategies, ideas and resources for stress reduction, health and well-being that can be utilized based on the nurse's unique needs. **Additions are made on an ongoing basis.**

2. **American Holistic Nurses Association** www.ahna.org and it's international chapter **Canadian Holistic Nurses Association** www.CHNA.ca

Stress Management and Resilience Resources For Healthcare

Workers - *Some of the first publications specific to nurses in the COVID 19 response.*

Holistic Self-Care Strategies for Nurses - *Tools for managing stress.*

3. **Be Your Own Healer: Self-Care with Therapeutic Touch** **Crystal Hawk, MEd, RT, QTT and Alison Cooke, BSA (Hon), Bed, RT**

Therapeutic Touch (TT) for Self-Care programs in the book teach you how to use the techniques of TT for your own good health. You'll learn about centering yourself, and clearing your field, and you'll be reminded to rest after each treatment so that your field can remain in its new harmonious state. You can see all the exercises and listen to the imageries on YouTube.

<https://www.youtube.com/playlist?list=PLNXnJ2P0Ei1o5DPwnYXrzCi6TW P-HKwQw>

***The self-care program was initially developed by Crystal at Gilda's Club Greater Toronto**

(continued)

4. **Health Journeys** **Belleruth Naparsteck** www.healthjourneys.com

Provide evidence-based self-help audio recordings of guided experience (such as imagery, meditation, relaxation, hypnosis, acupressure, yoga) that alleviate distress and assist with medical and mental health challenges. They have free offerings on You Tube www.youtube.com/healthjourneys

5. **Tend** www.tendacademy.ca

Offer resources and training to address complex needs of high stress, trauma exposed workplaces to frontline workers, managers, supervisors and support staff in multiple formats.

Resources on their website include compassion fatigue, secondary trauma, vicarious trauma, Mindfulness-Based Stress Reduction.

6. **Sounds True** www.soundstrue.com

Created the largest living library of transformational teachings that support personal transformation and spiritual awakening through books, audio programs, online learning and in-person events. They have ongoing free offerings on website and on You Tube www.youtube.com/user/SoundsTrueVideos

7. **Association for Comprehensive Energy Psychology (ACEP)** www.energypsych.org

ACEP has a global membership of over 1,200 licensed mental health professionals and allied health practitioners.

ACEP members are dedicated to exploring, developing, researching and applying energy psychology methods to alleviate human suffering, enhance human performance and access human potential. ACEP is an approved provider of continuing education for psychologists, social workers, professional counselors, nurses, marriage and family therapists, and drug and alcohol counsellors.

They provide Resources for Resilience - free access to self-help techniques that can help you recover more quickly and easily from stressful events.

(continued)

8. **DailyOM** www.DailyOM.com

Features a universal approach to holistic living for the mind, body, and spirit and supports people who want to live a conscious lifestyle. They offer a selection of courses, articles, tools, and resources all aimed at helping people improve their wellbeing.

9. **Lucia Thornton** www.luciathornton.com

Lucia Thornton is a former president of the American Holistic Nurses Association and has been involved in nursing, holistic healing and healthcare for over 40 years. She developed the model Whole Person Caring and has written and spoken at conferences world-wide on topics of self-care and self-healing practices, holistic and integrative nursing among others.

Her website includes articles, resources, videos and courses on holistic nursing and self-care.

10. **Liberate Meditation App** www.liberatemeditation.com

A subscription-based meditation app that includes practices and talks designed for the Black community. Practices are led by meditation teachers representing BIPOC (Black, Indigenous, and People of Colour) communities. The app is designed to support Black individuals on their path to healing by naming and offering resources for common cultural experiences, like internalized racism and micro-aggression.

11. **Natural Health Practitioners of Canada Holistic Health Guide** www.nhpcanada.org/for-the-public/holistic-health-guide/index.html

Established in 1988, the Natural Health Practitioners of Canada (NHPC) is the largest holistic health association across Canada that offer a listing of holistic health practices with a history of the practice, a definition, a treatment section, and reasons to explore the practice.

Committed to raising public awareness of holistic health in the ever-changing landscape of health and wellness and promoting and improving the health of people through information about Complementary Therapies/Holistic Health Practices.

(continued)

12. **M.T.O. Tamarkoz Association - The Art of Sufi meditation**

www.facebook.com/TamarkozApp/
[instagram.com/tamarkozapp/?hl=en](https://www.instagram.com/tamarkozapp/?hl=en)

The Tamarkoz® method is the art of self-knowledge through concentration and meditation. It dates back 1,400 years. The Tamarkoz App provides practices to reduce stress, relax, improve focus, sleep better, and gain a more positive perspective on life.

They offer free meditation (Tamarkoz) and balancing (Movazeneh), daily live and recorded videos about 30 minutes long provided by psychologists, psychotherapists, and other Health Care Professionals in different time zones and available in multiple languages, free on facebook and Instagram. Tamarkoz App provides more enhanced meditation guidelines. This initiative was developed and enhanced in 2020 in response to the increased need for stress management due to the Pandemic.

13. **Healthline - 30 Grounding Techniques to Quiet Distressing Thoughts**

www.healthline.com/health/grounding-techniques

Healthline offers health and wellness information.

14. **Guide to finding Mindfulness programs**

www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Guide_to_Finding_Mindfulness_Programs.pdf

Talking to your health care provider about your mental health concerns is an important step towards feeling better. They can support you, provide help and guide your progress. If your next step is to learn about Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) Programs and find a program, read this guide. The programs included here are all group programs.

What are Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) Programs?

MBSR programs work well for people who have stress from chronic physical and psychological conditions. These group programs teach practical skills to manage stress, including how to be calm in stressful situations.

MBCT combines mindfulness and cognitive behaviour therapy to help you change how you usually react to situations. Learning these new skills can help you better manage depression and anxiety.

The MBSR and MBCT programs involve doing homework and practicing skills in between sessions.

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15. Positive psychology:15 art therapy activities, exercises, and ideas for children and adults.

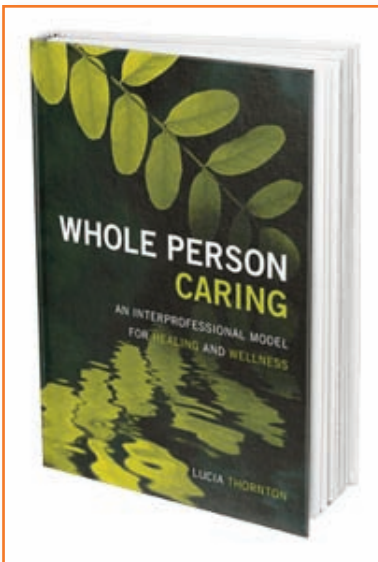
www.positivepsychology.com/art-therapy

Art therapy is a blended field of therapeutic practice that combines art and psychology, utilizing the creative process, artistic techniques, and external artwork to support individuals to develop self-awareness, explore emotions, and address unresolved conflict or trauma.

3 free positive psychology downloads are available.

* The information, facts and opinions provided here are not intended to be a substitute for professional advice and does not necessarily reflect the views of or constitute endorsement by the RNAO-CTNIG or RNAO nor can the RNAO-CTNIG or RNAO be held responsible for errors or consequences arising from the use of information contained in this. Always consult your primary healthcare provider for any medical advice, diagnosis, or treatment and before undertaking a new diet or exercise plan.

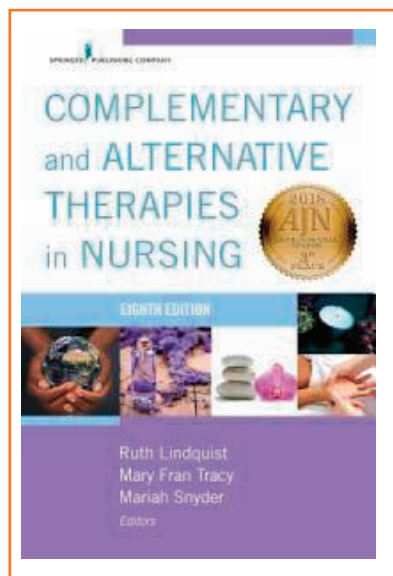
Books



Whole Person Caring: An Interprofessional Model for Healing and Wellness (1st Edition)

Lucia Thornton

An excellent resource for those wanting to bring healing and vitality into their lives and work. Concepts of self-compassion, self-care and self-healing; therapeutic partnering; transformational leadership and spirituality are brought to life in Whole Person Caring. Easily and immediately integrate whole-person caring concepts into schools and courses of study. An excellent text for students and faculty in nursing, medical, and allied health care classes dealing with optimal wellness, healing, integrative practice, and creating healing environments and cultures.



Complementary & Alternative Therapies in Nursing, Eighth Edition (8th Edition)

Ruth Lindquist
Mary Fran Tracy
Mariah Snyder

Now in its eighth edition, this highly acclaimed, newly revised and expanded text continues to deliver innovative practice guidelines for evidence-based complementary and alternative therapies that can easily be incorporated into curriculum and applied directly to practice. The book describes holistic treatments that are culturally appropriate for clients across the life span and NCLEX®-relevant content appropriate for preparation of advanced practice nurses.

The eighth edition reflects an expanding interest in these therapies worldwide and features numerous sidebars by international contributors who provide a global perspective that builds readers' understanding of the cultural derivations and uses of complementary therapies. The new edition also highlights digital and technical advances, provides key updates to foundations for practice, and describes cutting-edge research. Included is a description of the evolution and establishment of the National Center for Complementary and Integrative Health (NCCIH) and its current national agenda. Updated legal information regarding regulation and credentialing, enlarged safety and precaution content, and the inclusion of a broad range of therapies add to the utility of this new edition.

The only book about complementary and alternative therapies written specifically for nurses that focuses on essential evidence for practice, the text uses a consistent format to present a definition and description of each therapy, a summary of how it evolved, and a rationale for its use. The scientific basis and research evidence for use of each therapy in a variety of specific patient populations is emphasized. Sidebars in each chapter describe the use of various therapies in different settings worldwide. All chapters provide practical guidelines for using the therapies to promote health and comfort while increasing patients' well-being and satisfaction with care.

www.play.google.com/store/books/details?id=WN1JDwAAQBAJ

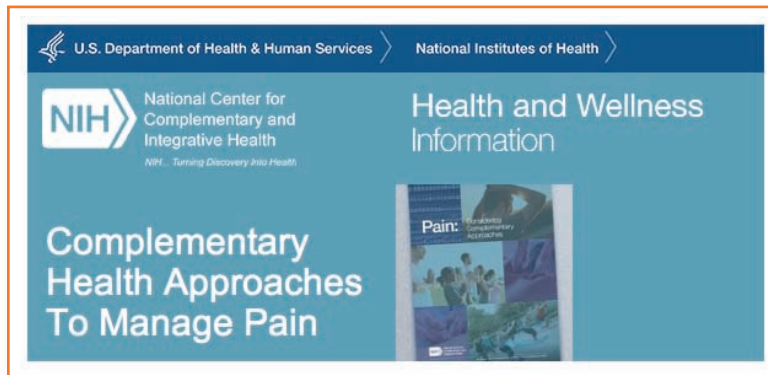
FREE Pain eBook for You

Pain is the most common reason for seeking medical care. It is also a common reason why people turn to complementary health approaches.

We have collected information on complementary and integrative approaches for pain in a free 47-page eBook that you can download to your computer or mobile device.

The eBook has summaries of what the science says about

approaches like acupuncture, massage therapy, meditation, and yoga, along with tips about their safety. There is also a chapter that summarizes the research on the effectiveness and safety of dietary supplements and other natural products that have been used for various pain conditions.



Get The eBook

www.nccih.nih.gov/health/pain-considering-complementary-approaches-ebook?nav=govd

Education Opportunities

Fall MBSR Certification Training for Professionals: 10-Week Live Online Course

Groundbreaking tools to combat the enormous effects of stress on teens' mental and physical health!



Mindfulness skills provide teens with an anchor and compass to stabilize and guide them when they feel emotionally dysregulated, stressed, anxious, or depressed.

In this 10-week live online course, Stacie Cooper will guide you through the principles and foundations of Mindfulness-Based Stress Reduction for Teens (MBSR-T) from background and research through the core interventions you can begin to bring to pre-teen and adolescent clients right away.

Can be attended on-your-own through distance learning!

For more information go to:

<https://www.stressedteens.com/training-for-professionals-fall-2021>

Research

1. The Effect of Complementary Therapy for Hospital Nurses with High Stress

Onishi, K., Tsujikawa, M., Inoue, K., Yoshida, K., & Goto, S. (2016). *The Effect of Complementary Therapy for Hospital Nurses with High Stress*. *Asia-Pacific journal of oncology nursing*, 3(3), 272–280.

www.doi.org/10.4103/2347-5625.18981 For full text *PMCID: PMC5123520*

Objective: This study was to examine the effect of complementary therapy (CT) for nurses with high stress levels. It was taken before we employ this technique for cancer survivors because cancer patients are a heterogeneous group that requires substantial resources to investigate.

Methods: A quasi-experimental design with five groups was employed for this study. The groups were examined whether there were effects for reducing the stress and the differences in effectiveness among four intervention groups and a nonintervention group. Stress relief was measured using pulse rate and blood pressure measurements and the short form of the profile of mood states (POMS-SF). The participants practiced the therapy for 20 min twice per week for 3 weeks. A two-way factorial analysis of variance was used to analyze the data.

Results: The study enrolled 98 nurses (92 female and 6 male) with a mean age of 37.3 ± 10.5 years (range: 22-60 years). Fifty-nine nurses had 10 or more years of nursing experience. There were significant differences in pulse rate and the POMS-SF scores. All groups were effective for reducing the stress level of high-stress nurses, whereas four intervention CT groups were not more effective than nonintervention group.

Conclusions: The complementary therapies were useful for nurses with high stress levels. Thus, they can be used as a self-management tool for such nurses. Afterward, we will use the CT for cancer survivors to determine whether it can improve the quality of life of cancer patients.

Full Text - www.ncbi.nlm.nih.gov/pmc/articles/PMC5123520

2. The Effectiveness of Mindfulness-Based Stress Reduction on the Psychological Functioning of Healthcare Professionals

Kriakous, S.A., Elliott, K.A., Lamers, C. et al. The Effectiveness of Mindfulness-Based Stress Reduction on the Psychological Functioning of Healthcare Professionals: a Systematic Review. Mindfulness 12, 1–28 (2021). www.doi.org/10.1007/s12671-020-01500-9

For full text <https://link.springer.com/article/10.1007/s12671-020-01500-9#Abs1>

Objective: Burnout and occupational stress are frequently experienced by healthcare professionals (HCPs). Mindfulness-based stress reduction (MBSR) has been found to improve the psychological health outcomes of HCPs. To date, systematic reviews and meta-analyses have primarily focused upon empirical investigations into the reduction of stress amongst HCPs using MBSR and are limited to empirical studies published before December 2019. This systematic review aimed to update the current evidence base and broaden our understanding of the effectiveness of MBSR on improving the psychological functioning of HCPs.

Methods: Three electronic databases (Medline, Psych Info and Web of Science) were searched without time frame restrictions. Quantitative studies included randomised controlled trials, clinical controlled trials, pre-post designs and studies with up to a 12-month follow-up period. All studies included in the review employed a MBSR programme, standardised measures of psychological functioning and qualified HCPs as participants.

Results: Using PRISMA guidelines thirty studies were included in the review. The reviewed literature suggested that MBSR was effective in reducing HCPs experiences of anxiety, depression and stress. MBSR was also found to be effective in increasing HCP levels of mindfulness and self-compassion. However, MBSR did not appear as effective in reducing burnout or improving resilience amongst HCPs. Abbreviated MBSR programmes were found to be as effective as the traditional 8-week MBSR programmes.

Conclusions: MBSR is an effective intervention which can help improve the psychological functioning of HCPs. Recommendations include improving the overall quality of the studies by employing more robust controlled designs with randomisation, increased sample sizes with heterogeneous samples, and making active comparisons between interventions used.

3. A cartography of energy medicine: From subtle anatomy to energy physiology

Eric Leskowitz. A cartography of energy medicine: From subtle anatomy to energy physiology. Explore (NY) 2020 Sep 25. Epub 2020 Sep 25.

www.doi.org/10.1016/j.explore.2020.09.008

Abstract: The field of energy medicine (EM) is perhaps the most controversial branch of integrative medicine. Its core concept - the existence of an invisible healing energy – has not yet been validated by Western medicine, and the mechanism(s) of action of its techniques have not been fully elucidated. This paper addresses these problems by marshalling several types of evidence: basic science research into electromagnetic fields (EMF), subjective sensations experienced when receiving EM treatments, and clairvoyant perceptions of EM in action. The latter two sources of information, while not solid enough to meet current standards of scientific rigor, can nonetheless generate important new information. A hypothesis is then developed to explain these findings.

First, the main components of the human subtle energy system are presented: the “subtle anatomy” of the meridians, of the energy centers and of the biofield. Several representative EM techniques are then analyzed to determine which specific components of that energy structure they impact. Next, EM's mechanisms of action are explored by describing how these altered energy dynamics can affect biologic processes. This subject is termed “energy physiology”, in parallel with conventional medicine's foundation in anatomy and physiology. Finally, potential research into energy physiology is outlined that focuses on several common but distinctive experiences which are not fully explained by the current mechanistic biomedical model. Plausible and testable energy-based explanations are proposed for phantom limb pain, emotional entrainment in groups, unusually rapid symptom response to EM, and the invisible templates that guide cell growth and differentiation.

This analysis is intended to serve as a guide to future clinical and research explorations into the multidimensional nature of human beings. As Western medicine develops technologies that can generate objective empiric evidence in these subtle domains, we will be able to more fully understand the energetic components of health and illness.

Student Corner

Self-Compassion Practice: Emotional Support for Nursing Students (and Nurses too!)

Jennifer Waite, RN

*Graduate Research Assistant / MNSc Student
School of Nursing, Queen's University,
Kingston, ON*

I found myself emotionally exhausted and stuck in a cycle of harsh self-criticism. As a nurse or nursing student, can you relate? Neff (2003), a pioneer of self-compassion research, refers to internal negative self-criticism as your own 'inner critic'. You might find your inner critic saying, "I'll never measure up, I can't do anything right!" Harsh self-criticism is an



aspect of shame; a painful destructive emotion that includes uncomfortable feelings of inadequacy (Leary, 2015). In addition, self-criticism is an unconscious reflex that we have as a reaction to a perceived threat or danger and acts as a defence mechanism to protect against these threats, as well as motivates us to correct behaviour that will avoid the danger (Gilbert, 2014). While threats can be physical in nature, in this day and age, we often contend with threats to our professional and self-identity. Even though being unsympathetically self-critical can bolster one's motivation, such a punitive approach

to motivation can be harmful to one's mental health. Research shows that self-criticism is closely linked to perceived stress, anxiety and depression (Zhang et al., 2019), including a decrease in overall emotional well-being and quality of life (Mathad et al., 2019). In a time when one in three nursing students are already suffering from moderate or severe depression globally (Tung et al., 2018) and practicing nurses are at a higher risk for suicide than the general population (Stelnicki et al., 2020), strengthening the mental health of nurses and nursing students should be a key priority.

As a registered nurse reflecting back to my undergraduate education, I can remember the high stress and anxiety I grappled with. At the time, I normalized high stress as just a part of nursing education where failures and harsh internal and external criticism were an integral part of learning to become a nurse. Looking back with this awareness of the emotional strains that accompany nursing education, in particular within the clinical learning environment, I now hold a firm personal and professional belief that the next generation of nurses should be led to understand, value and

embrace the beneficial ability of turning compassion onto oneself. To this end, nursing school culture and educator modelling is likely to play a large role in fostering nursing student's level of self-compassion. But within the clinical learning environment, coping skills directed at nursing student's ability to manage emotional stressors can be taught, so that they can ultimately achieve the various self-compassion practices they need to navigate their roles.

The practice of self-compassion involves three main components: being self-kind versus being self-judgmental; practicing mindfulness versus overidentifying with one's negative feelings; and understanding that one's suffering and failures are common to all humanity versus feeling isolated by one's mistakes and pain. Self-compassion practice involves personal reflection of one's difficult emotional states, through which a mindful progression of self-examination transpires to bring about a holistic consideration of self (Neff & Germer, 2013). Engaging in self-compassion practice encourages a stronger sense of self-awareness and a greater inclination to participate in personal and professional self-care (Miller et al, 2019). Furthermore, self-compassionate individuals are more motivated to take responsibility for their mistakes because they understand that imperfections are common to all humanity, which provides a nonjudgmental and secure perspective to handle the negative qualities of the self and endeavour to improve them (Breines & Chen, 2012). Researchers convey that nursing students are experiencing traumatic psychological and emotional consequences from making errors in the clinical setting (Zieber & Williams, 2015); however, self-compassion practice has shown to help acquire a nonjudgmental perspective so that error making is less damaging to one's emotional health (Neff, 2003). If the educator can draw from self-compassion techniques, they can then nurture a growth mindset with the student and emphasize a positive learning experience. Could self-compassion practice be the answer to an education structure that will better support nursing students and strengthen their emotional and mental health so they can succeed with longevity in their nursing career?

Short practices of self-compassion can be integrated alongside patient care, in order to support the nurse's provision of compassion and quality patient care, as well as to sustain and reinforce their fitness to practise. For example, Neff and Germer (2013) describe the 'compassionate movement' practice, which could be achieved in clinical practice before or after assessing a patient.

First, you would anchor the soles of your feet firmly on the ground and move from side to side feeling the connection to the ground and to your awareness of being present in that moment. This action could even be done when preparing to chart patient clinical data.

Second, scan your body for any areas of tension from the soles of your feet to the top of your head.

Third, recognize any discomfort and respond with kindness perhaps by gently stretching the area that is stiff- or by offering yourself compassionate words toward the discomfort you are feeling- “My body is tired right now and I am finding this moment hard” What can I do to help myself?”

Fourth, acknowledge and validate what you may need at that moment in a caring presence. This informal self-compassionate practice can be repeated several times throughout the clinical workday.

Another strategy is to find a ‘self-compassion partner’ - so that you can support each other in the clinical setting with practicing self-kindness and mindfulness, as well as remind each other of the connection to common humanity while facing challenging emotions with colleagues and patients. For more informal practices, research articles and resources see Dr. Neff’s Self-Compassion website <https://www.self-compassion.org/> Or to test your self-compassion score use this link:

<https://www.self-compassion.org/test-how-self-compassionate-you-are/>

Self-compassion is noted to be ‘dose dependent’, so that repetition with the practice increases one’s level of self-compassion (Neff & Dahm, 2015). Therefore, reinforcing daily practice is essential, so that over time one can embody self-compassion and garner the various benefits from committing to offer compassion to self. Above all, self-compassion protects us from the pitfalls of harsh self-criticism that can destroy our self-identity and leave us spiraling into rumination about our mistakes and our inadequacies, even leading us into burnout that can interrupt or stop a career (Gracia-Gracia & Oliván-Blázquez, 2017). Nurses and nursing students are vulnerable to the detrimental effects of the challenging emotional landscape of the clinical environment and it is necessary to protect our emotional health. While compassion is central to our profession - let us not forget that the foundational essence of compassion - begins with compassion for self (Wiklund Gustin & Wagner, 2013). Self-compassion makes us stronger in our professional group, as common humanity reinforces a point of view that we are all together in this imperfect world.

References

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Tips for managing stress

during the school year for students and the eternal learner.

ABOUT TO GET OUT OF BED IN THE A.M...

Practice mindful breathing for a few minutes.

Breathe deeply, without straining. Focus on the sensation of breathing in through your nose, out through your mouth or nose, and how your body softens on the out breath. Repeat for at least 10 breaths. Also a good practice to do throughout the day (when you're taking a bathroom break or riding to school).

STARTING TO GET THOSE PRE-TEST JITTERS...

Practice mindful breathing for a few minutes.



Find a quiet place then close your eyes. Close your left nostril with left thumb and breathe in through right nostril. Hold breath and use left index finger to close right nostril. Breathe out through left nostril. Breathe in through left nostril. Close left nostril with thumb. Exhale through right nostril.

Repeat for at least 10 breaths.

STILL RUMINATING ON THAT FRIEND FIGHT...

Send good wishes with a loving kindness meditation.

Repeat ... **“May you be happy, may you be healthy, may you live with ease,”**

first to yourself,
then send to someone you love,
someone you're neutral about,
someone you don't like very much,
then finally to everyone and every living thing in the world.

Employing this practice helps you be gentler with yourself and more empathetic with others.

ANXIOUS ABOUT A BIG GAME/PRESENTATION...

Keep positive with a visualization.

Picture yourself scoring the winning goal in field hockey or doing that presentation with a sense of confidence and calm. Think about how those good vibes feel, then let them wash over you.



JUMPY AND SERIOUSLY CAN'T SIT STILL...

Get up and walk mindfully, without being on autopilot.

Go outside and notice everything around you—the sound of the wind, how your foot lands on the ground, the colour of the trees and plants around you, etc. Stay focused on your breath and your surroundings, and wait for the clarity to roll in.

STARING DOWN A PILE OF HOMEWORK...

Bring yourself to center with a sound technique.

First notice the farthest sound you can hear. Then move in a little closer to notice sounds inside the room. Then tune in on any sounds your body makes and breath, and then closer still, listening to the sounds of your thoughts. Now, you've focused your mind to successfully start on your work.

ABOUT TO FALL ASLEEP...

Practice positivity.

Look back over your day and make a list of three things you feel grateful for, like how sunny it was on your way to school, how your friends supported you during your class presentation or how you enjoyed listening to the playlist you made. Try to evoke the positive emotions you were feeling as you do this.

WHEN FOCUSING ON THE BREATH IS NOT HELPING...

Use other grounding focal points instead.

These points are grounding because they can literally ground someone to the present moment and often help you shift out of or away from a difficult emotional state.

If focusing on your breath is causing more stress you can switch to focusing on your hands, fingers, toes, your feet on the floor, your bottom as you sit in a chair instead or bring to mind someone, someplace or something that evokes a good memory or safe place.

Healthy Detox Soup



The best way to give your body a reset and set it up for success is to focus on improving your digestion and gut health. Consuming wholesome vegetables is the best way to do this since they are packed with nutrients, vitamins, and fibre. Best of all, by blending up this soup, you can share this with family members and they won't even suspect it's vegetable based – just a decadent soup.

INGREDIENTS (makes approximately 10 bowls)

| | |
|----------------------------|--------------------------|
| 4 garlic cloves | 2 sprigs of thyme |
| 1 large onion | 2 tablespoons parsley |
| 1 large carrot | 1 cup raw cashews |
| 4 celery stalks | 1 cup water |
| 3 cups of broccoli florets | 1 cup cooked red lentils |
| 2 cups cauliflower florets | 1 cup kale |
| 6 cups vegetable broth | Salt and pepper to taste |
| 2 bay leaves | |

DIRECTIONS

Drizzle some olive oil into a large dutch oven, and let it heat up.

Roughly chop your garlic, onion, celery, and carrot before adding it into the pan. Let these soften for 5 minutes.

Add in your broccoli and cauliflower, then pour in the vegetable stock and bring it to a boil.

Once it reaches a boil, bring the heat down to a simmer, add your herbs, and cover the pot to let it cook down for 20 minutes.

While the vegetables soften and flavours combine in the pot, put the water and cashews into a food processor or blender. Blend this into a cream for about 1 minute. Add this into the pot once the 20 minutes of cooking is complete.

After the cashew cream is thoroughly stirred in, add your lentils and beans.

Once those are stirred in, add your kale, and let it wilt into the soup.

With an emulsion blender, blend up the soup inside the pot until you have created a smooth mixture.

Add salt and pepper to taste, and enjoy!

DIY Citrus Scrub

Pamper yourself with a refreshing citrus scrub.

Make your showers a luxurious experience with this at-home citrus scrub (and don't forget a great playlist!)



INGREDIENTS

- ¼ cup pink Himalayan salt
- ¼ cup sea salt
- ½ cup oil of coconut oil (can be replaced with olive oil)
- 1 tsp citrus zest (orange or grapefruit)

INSTRUCTIONS

Mix your ingredients together, and gently rub on your skin in circular motions, avoiding the face. Rinse off.

The Benefits:

The Salt has detoxifying properties. It helps draw out and absorb toxins, leaving your skin refreshed.

The Oil is a great moisturizer, and reduces inflammation.

The Citrus is great for invigorating your senses! It also helps get your glow on with radiance-boosting properties

Do not use if you have allergies/sensitivities to any ingredients,



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YouTube

Informal Mindfulness Practices for Busy Healthcare Providers

<https://www.youtube.com/watch?v=OJjKRMiIYtw>

Inspirational Corner



Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed.

That doesn't mean needing someone to try to lessen it or reframe it for them. The need is for someone to be fully present to the magnitude of their loss without trying to point out the silver lining.

David Kessler

On The Lighter Side



The World Health Organization has announced that dogs cannot contract Covid-19. Dogs previously held in quarantine can now be released.

To be clear, WHO let the dogs out.



What did Snow White say when she came out of the photo booth?

Someday my prints will come.

Whatever you do, always give 100% unless you're donating blood.



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