Creating and Sustaining Peace Within for the Journey of Self Care for Nurses An Experiential Podium Presentation

Cynthia J. Brown, DNS, RN, AHN-BC has been a registered nurse for 35 years. She has experience in many areas of nursing, most recently; hospice care, nursing education, and research. She has completed a post doctoral research fellowship in complementary therapies at the University of Virginia and is currently teaching in a nursing program based on quality caring science at the University of West Georgia.

Mary Bishop, DNP, RN, NEA- BC, FACHE joined the faculty of the School of Nursing, University of West Georgia in the fall of 2012. Prior to assuming this position, Dr. Bishop had a 15 year career as a Chief Nursing Officer for community hospitals in Palm Beach County and Brevard County Florida. She has also taught online for several years for Grand Canyon University and Florida Atlantic University. Dr. Bishop has extensive experience as a nursing leader and has written several articles on leadership.

Bonnie B. Bar MS, RN, AHN-BC, Professor, has taught undergraduate nursing for over thirty years and has been instrumental in establishing Caring Groups for nursing students at the University of West Georgia. She is a member of the Georgia Nurses Association, IAHC, the American Holistic Nurses Association and has been a certified holistic nurse since 1997. Her master's degree is from Georgia State University and her BSN is from the Georgia Regents University. She currently serves as a convener for the Jehovah Rapha Chapter of the Order of St. Luke, the Physician. Areas of interest include contemplative prayer, mysticism, spontaneous healing, imagery, and visualization. She enjoys hiking and reading while on the back of her husband's motorcycle and her favorite comic strip is Zits.
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An Experiential Podium Presentation

International Association of Human Caring 2013
Cynthia Brown, DNS, RN, AHN-BC
Mary Bishop, DNP, RN, NEA BC, FACHE
Bonnie B. Bar, MS, RN, AHN-BC

“Our capacity to make peace with another person and the world depends very much on our capacity to make peace with ourselves.”

Thich Nhat Hanh

Learning Objectives

• Explore ways of creating peace for the inner journey of self care using the Listen, Envision, and Take Action (LET) Model.
• Experience listening, envisioning and ways to take action for the inner journey of self care.
• Discover approaches to integrate self care into the work setting by applying the LET model.
Coming to know self is the gateway to peace, health and happiness

Maintaining peace is a vital component of self care, imperative for the stressful work environment and essential for patient care

**Peace Within**

Peace within self or an inner calmness:
- Creating and maintaining caring for self at a deep level
- Committing to an inner journey of self reflection
- Dedication to maintaining a practice of self care

**LET Model**

*Listen, Envision and Take Action (LET)*
A process to assist with a dedication to self care
Modeled after the Action Research Model: Look, Think and Act

(Stringer & Genat, 2004)
**LET Model**

**Listen**

- Taking time for self care
  - Reflection – Recording thoughts, feelings and experiences can assist the nurse leader in identifying and clarifying self care priorities.
    
    *(Wilson & Grams, 2007)*
  - Meditation
  - Mindfulness
  - Breathing techniques

**LET Model**

**Envision**

- Your best self through positive thoughts and guided imagery considering what is needed for your journey:
  - Self forgiveness
  - Self compassion
  - Self acceptance
  - Giving thanks and gratitude to self and others
  - Expecting the best possible outcome

**LET Model**

**Take Action**

- By committing to self care
  - Engaging a support system of friends, family and co-workers
  - Finding ways to incorporate self care in the work environment
  - Reflecting on previous steps of listening and envisioning
Caring for Self using LET
An Experiential Exercise

• Personal knowledge gained from the inner journey can allow transformation bringing peace to self and others
• To begin, think about your journey of self care: what is one aspect that you would like to focus on today?
• We will lead you through a brief relaxation (Listen) and a guided imagery session (Envision)
• On your handout, please draw a picture or write what comes to you regarding your self care journey
• As you focus on the journey, what will be your first step? (Take Action)

Thank You!

References


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LET Model

Listen

Envision

Take Action