Taking Aim: Remote Teaching Challenges

Week #4 – Managing Chaos and Creating Calm

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Webinar Speaker

Beverly Malone, PhD, RN, FAAN

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NLN Mission Statement

The National League for Nursing promotes excellence in nursing education to build a strong and diverse nursing workforce to advance the nation’s health.
The National League for Nursing implements its mission guided by four dynamic and integrated core values that permeate the organization and are reflected in its work:

1. **Caring**: promoting health, healing, and hope in response to the human condition
2. **Integrity**: respecting the dignity and moral wholeness of every person without conditions or limitation;
3. **Diversity**: affirming the uniqueness of and differences among persons, ideas, values, and ethnicities
4. **Excellence**: creating and implementing transformative strategies with daring ingenuity
NLN Mission and Core Values

Vision without action is a hallucination
Managing Chaos and Creating Calm

- Stormy personality – don’t create chaos to have the opportunity for transformation
- Know Yourself-Self Reflection
- Manage your anxiety
- Pace yourself
- Breathe

Source: Helen Coons, S. Berkowitz and R. Davis, March 26, 2020

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Managing Chaos and Creating Calm

- Exercise, Exercise
- Connect, Connect & Connect again
- Have a workspace /
  Take breaks from your workspace
- Minibreaks, downtime
- Promote teamwork
- Flexibility is essential bend like a tree

Source Helen Coons, S. Berkowitz and R. Davis, March 26, 2020
Three Stressors in Life’s Journey

1. Inevitable
2. Imposed
3. Chosen
Descent into the Maelstrom by Edgar Allen Poe
If you are excessively stressed

Disaster Distress Helpline
Substance Abuse & Mental Health Services Administration (SAMHSA)

• For Toll Free Counseling: 1 800 985 5990
• Or text ‘TalkWithUs’ to 66746
Final Thoughts

Reflections
Thank you for joining us!

The webinar recording will be posted on the Coronavirus Resource Center within two business days.

Thank you to our speaker!
Next Webinar: Friday, May 1 at 12:00 PM EDT

Creating Civility and Community in Turbulent Times

Presented by:
Cynthia Clark, PhD, RN, ANEF, FAAN