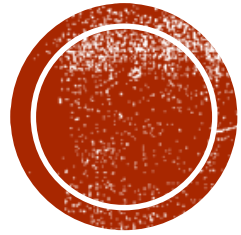


NLN PRESENTATION 2023: TEACHING TECHNIQUES WITH A STRESS MANAGEMENT TOOLBOX

By Dr. Kathleen Bell and Sarah White
WELCOME





**CONFLICTS OF INTEREST AND
DISCLOSURES: NEITHER THE PLANNERS
OR PRESENTERS HAVE ANY REAL OR
PERCEIVED VESTED INTEREST THAT
RELATE TO THIS PRESENTATION.**

OBJECTIVES

- Discuss stress, anxiety, depression, PTSD, secondary-traumatic stress disorder, compassion fatigue, and burnout amongst faculty, students, nurses, and patients and the need for self-care.
- Identify four EBP techniques that can be integrated into in-class or online teaching for student participation and evaluation.
- Participants will be empowered to incorporate techniques of stress management from a toolbox of options.



Centering Exercise



TERMINOLOGY

- Stress
- Anxiety
- Depression
- Post Traumatic Stress Disorder
- Secondary-Traumatic Stress Disorder
- Compassion Fatigue
- Burnout



WHAT IS IMPORTANCE OF THE CURRENT STATE OF MENTAL HEALTH CHALLENGES IN OUR COMMUNITIES?

- Expansive Trends Across the Nation/Globally
- Nurses
- Faculty
- Students
- Community Members




BURNOUT AND COMPASSION FATIGUE

- Trauma Informed Education (Goddard et al., 2022)
- Resilience
- Healing
- Health & Wellness



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TEACHING PEDAGOGY
TO DELIVER MATERIAL
WITH BEST PRACTICES
~ HOW IS CARING
DEMONSTRATED WITH
ONLINE
TEACHING/LEARNING?



METHODS USED:

- Syllabus
- Platform/Classroom Organization
- Labeling of Reading, Media (add times), Assignments
- Ice Breakers/Community Builders
- Micro Lectures
- Laddering Assignments
- Group Work
- News or Announcements
- Netiquette
- Audio Feedback
- Response Time
- Q and A
- Discussions with response points
- Finding the Correct Workload
- Flexibility (decreasing stress, increasing ability to learn)
- Rubrics-align points with concepts
- SLO's ~ Integrating Concepts ~ Assessment Methods





CREATING VALUE IN GROUP WORK



HOW OR WHAT DO YOU WANT TO ROLE MODEL TO STUDENTS?

- Holistic Nursing (Dossey & Keegan, 2022)
 - Carper's Patterns of Knowing in Nursing (Chinn et al., 2022)
 - Inclusive Terminology: we, us, teaching/learning, together, positive remarks, learning together, etc.
 - Specific feedback with details, individualized
-
- The key is student learning leading to student success

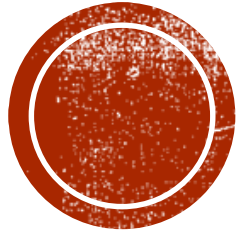


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BOUNDARIES

Where are you on a continuum?

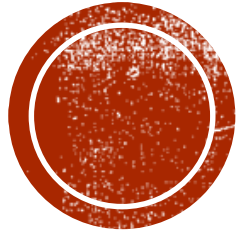


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Parrhesia (Kagan et al., 2014)

Finding Voice, Speaking Up, Right Way & Time
Influencers and Their Voice (Patterson, 2023)

LEADS TO DEVELOPING AND SHARING A TOOLBOX FOR SUCCESS IN THIS PROFESSION

- Need for better healthcare outcomes.
- For the physical and mental health of all.
- Personal Way of Knowing
 - Strengthen Self
 - Strengthen Students
 - Strengthen Patients and Community Members



POSSIBLE TOOLS: FREE AND ACCESSIBLE TO ALL

- Breathwork
- Meditation
- Imagery
- Head to Toe Relaxation
- Mindfulness
- Yoga
- Journaling
- Nature
- Gratitude
- Prayer
- Self Affirmations
- Setting Intentions



- Breath

- Mantra-Om, So'ham Or So'hum Or Personal Mantra

- Metta Or Loving Kindness To Self And Can Include Others~
Next Slide



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Loving Kindness Meditation or Metta Meditation

- May I be happy
- May I be healthy
- May I be safe and protected

- I wish to live my life safely, free from danger and harm;
- I wish to live my life healthy, free from mental or physical suffering;
- I wish to live my life with ease.



MINDFULNESS PRACTICE

- Used to increase focus and for stress management. It is about being in the present, nonjudgmental, and using acceptance and awareness
- Center, observe with the senses, can include:
 - Prior to entering a room or engaging with another
 - Drinking or Eating
 - Walking
 - Other?



IMAGERY

- Uses your imagination to focus, can involve the five senses.
- Self generated or one may use an App



GRATEFULNESS PRACTICE



Mood Changer

- (For instance: can't feel gratitude and hostility at the same time)
- Mealttime
- Morning or Bed Ritual
- Journal



120 minutes per week

Along with nature is
the need for
movement and
exercise



Intention

- Be mindful of intention. Intention is the seed which creates our future (Kornfield, 2023)
- Set an intention from a positive stance, an abundance mentality
- Set the intention and detach from the outcome
- Stay committed
- Effort and ease

Self-Affirmations

- I am statements:
- I am worthy of compassion
- I accept myself with an abundance of love
- I invite love and compassion into my life
- I love myself, no matter what

With a Troubling Thought ~ Next Please



PITFALLS

- Blame
- Shame
- Judgement
- Sugar
- Others



TAKE CARE OF YOURSELF BETTER THAN EVER, EVEN IF YOU DON'T FEEL LIKE IT

- Add in balanced diet-all the colors, predominantly plant-based
- Pay attention to gut health
- Sleep
- Companionship
- Fun and humor
- Check your self talk, especially around aging
- Avoid social constructs, social conditioning
- You spend the most time with yourself so say nice things and treat yourself kindly



THOUGHTS?



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