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PHN-PREP | Public Health Nursing Practice,
Research & Education Program

For the Love of Nurses: The 4Cs of Wellness - Courage, Connection, Care, and Compassion

Lucy Houghton RN PhD
December 6, 2021

www.phnprep.ca



AN INCREASED AWARENESS
OF THE IMPORTANCE OF
BURNOUT PREVENTION



AN INCREASED DESIRE TO
COMMIT TO ONE PRACTICE



GAINING KNOWLEDGE
PRACTICAL WAYS TO
SUPPORT YOUR WELLNESS

**SUCCESS
LOOKS
LIKE...**

Window of Tolerance



WHAT HAPPENS

WE GET “COMFORTABLE” WITH HARD THINGS



A close-up photograph of medieval-style metal armor. The central focus is a shield with a highly detailed, embossed design featuring a dragon or griffin breathing fire, surrounded by intricate floral and scrollwork patterns. To the right, a gauntlet is visible, showing several curved, overlapping plates held together by rivets. The armor has a metallic sheen, likely steel or iron, and is set against a dark, blurred background.

WE SELF PROTECT



OUR HEARTS & SOULS BECOME CLUTTERED

Moral injuries

Self-judgement

Values insults

Mistakes

Perfectionism

Micro-traumas

Continuous Protection

Vicarious traumas

Compassion Fatigue

Continuous suffering



BURNOUT

In 2019, World Health Organization recognized the serious effects of burnout from chronic workplace stress!

Burnout is now considered a medical syndrome.





PACK IT IN, PACK IT OUT!



THE “WHY” BEHIND BUILDING JOYFUL CULTURES

**The opposite of
burnout is joy!**

**Joy is dependent on
connection**

**Connection is dependent on
courage and trust**

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**Staff satisfaction
Critical thinking
Collaboration
Safe practice
Performance
Civility**

**Turnover
Bullying
Sick leave
Client attrition
Client complaints
Preventable errors
Workplace accidents**



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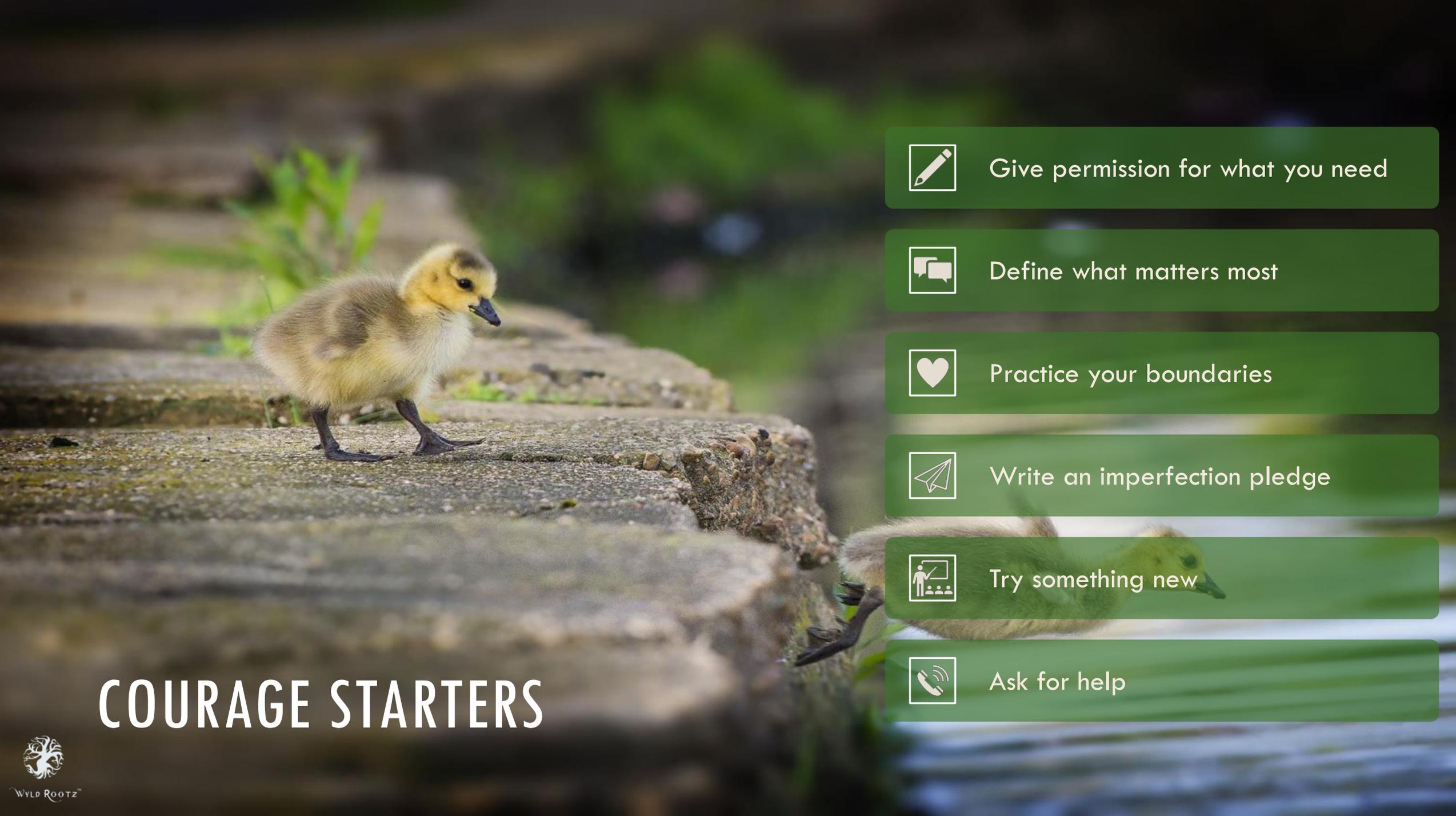


COURAGE |

“Courage... deliberately choosing what’s right in the face of uncertainty, risk & emotional exposure.”
(Houghton, 2021)



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Give permission for what you need



Define what matters most



Practice your boundaries



Write an imperfection pledge



Try something new



Ask for help

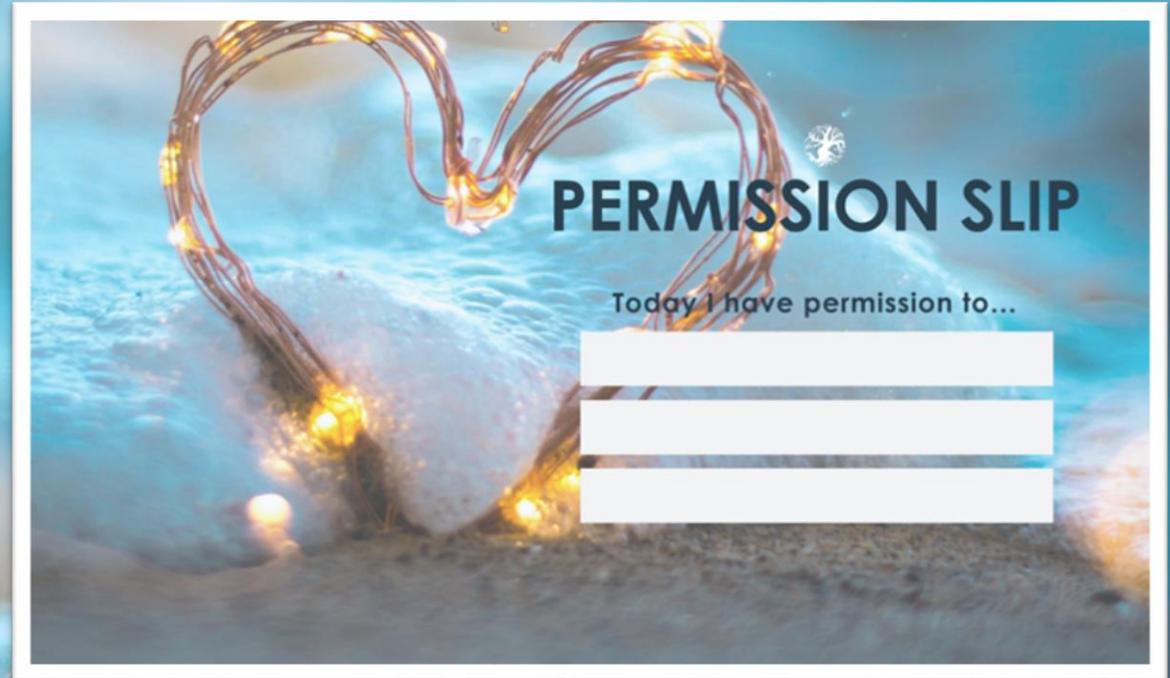
COURAGE STARTERS



COURAGE STARTERS

What will you give yourself permission to do today...?

- To take a break
- To go for a walk
- To ask for help!
- To slow down
- To believe in yourself
- To play ☺**
- To enjoy the moment
- To turn off your cell phone
- To see your healthcare provider
- To leave work on time
- To go to bed 5 minutes earlier
- To hug loved ones til its awkward
- To restart a hobby put aside
- To forgive yourself for a mistake
- To laugh out loud
- To set a boundary
- To be enough right now**



CONNECTION |

“Joy is dependent on our ability to connect with others and all of ourselves!”
(Brené Brown)



BUILD CONNECTION

Three Connection Points

Purpose

Self

Communities





Debrief with a trusted colleague



Perform an act of kindness



Send a gratitude text



Complete a “find your why” exercise



Have a monthly lunch with your colleagues



Call a friend to catch up



Connect with your core values

CONNECTION STARTERS



“I am attending a talk right now. We are chatting about gratitude. I want you to know that I am so grateful for you. If you ever need anything, even if it’s 4 AM, you can call me. Thank you for being in my life.”



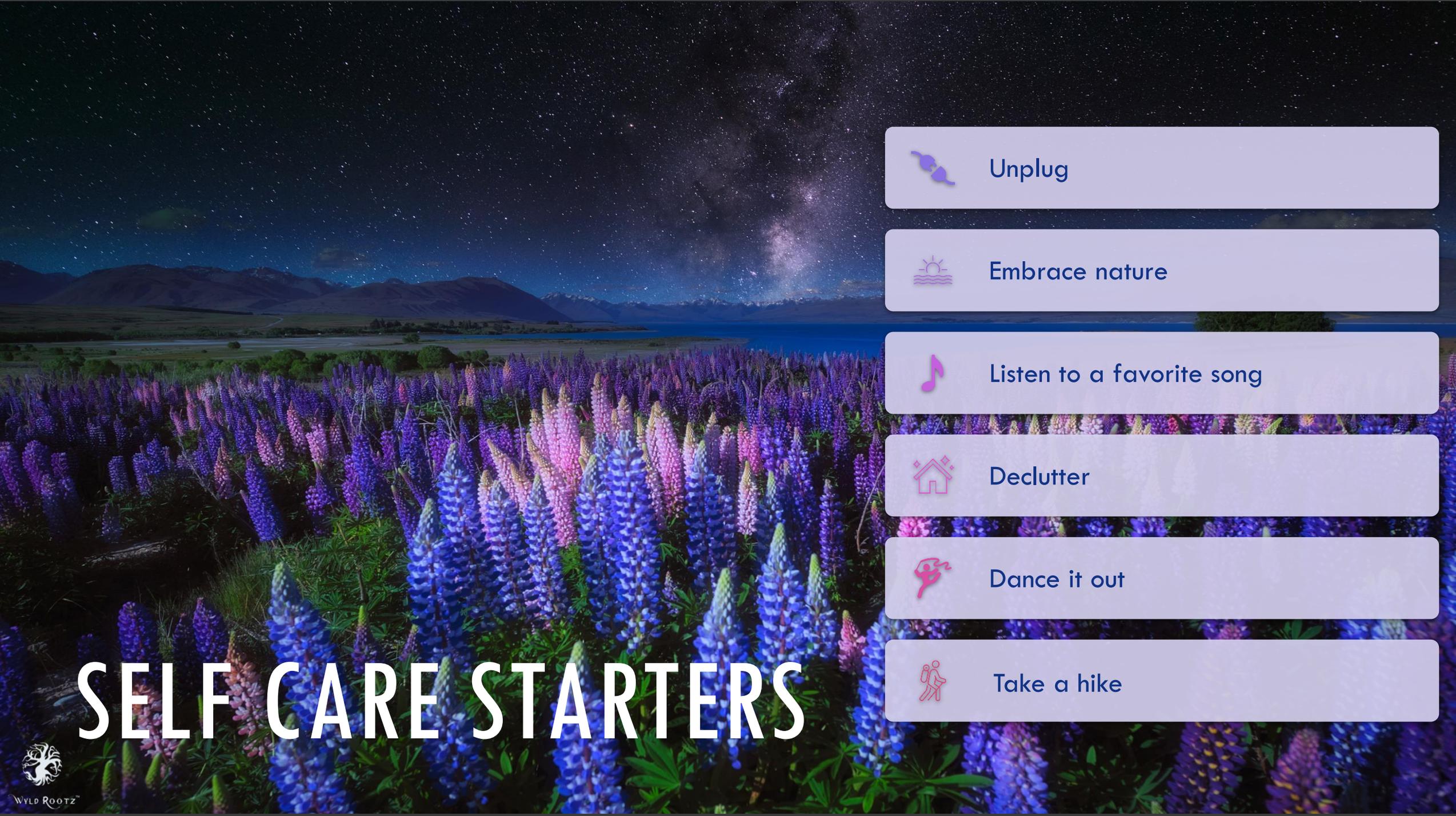


CARE |

“Self care is not self indulgence, it’s maintenance. It’s required!”
(Houghton, 2020)



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SELF CARE STARTERS



Unplug



Embrace nature



Listen to a favorite song



Declutter



Dance it out



Take a hike



- Purifies air
- Increase calmness
- Improves sleep
- Decrease nervous system irritability
- Increase NK cells (immunity & cancer fighting cells)
- Decreases tension, anxiousness, anger
- Decreases stress hormone levels
- Supports respiratory system

Mind Your Mother



A close-up photograph of a tiger's head and shoulders, looking upwards and to the left. The tiger is in a natural setting with bamboo stalks and leaves in the background. The lighting is soft, highlighting the tiger's fur and whiskers.

COMPASSION |

“The regular practice of making yourself your own best friend!”



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SELF COMPASSION STARTERS



Compassion Mantras



Create an anthem playlist



Write yourself a love letter



Forgive yourself



Give permission to be all of you



Make a Soul Food List



ANTHEM SONGS |



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A photograph of a forest path covered in bluebells. The path is a narrow, reddish-brown dirt trail that winds through a dense forest of tall, thin trees. The ground is covered in a thick carpet of small, purple-blue flowers. The trees have green leaves, and the overall scene is bright and vibrant.

LAST THOUGHT

“The kindest, most responsible action we can take for others
is to take great care of ourselves.”

(Houghton, 2021)

BONUS PRACTICE

Puppies & kittens.

Researchers found that looking at pictures of puppies & kittens can (*momentarily*) focus attention, & boost fine-motor dexterity.

- Vanessa Van Edwards





GRATEFUL
to love and
to be loved



TODAY
I choose
gratitude



GRATEFUL
for the power
to own my story



GRATEFUL
I have enough
I am enough

MANTRAS

DAILY DOSE POCKET GUIDE™

Dopamine

Sleep
Music
Meditation
Tyrosine rich foods
Massage

Serotonin

Running
Quiet time
Forest walk
Sunshine

Oxytocin

Hug a loved one
Random acts of kindness
Connection with family, friends
& communities
Expressing gratitude

Endorphin

Laughter
Movement
Diffuse essential oils
Dark chocolate treats

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GRATITUDE JAR

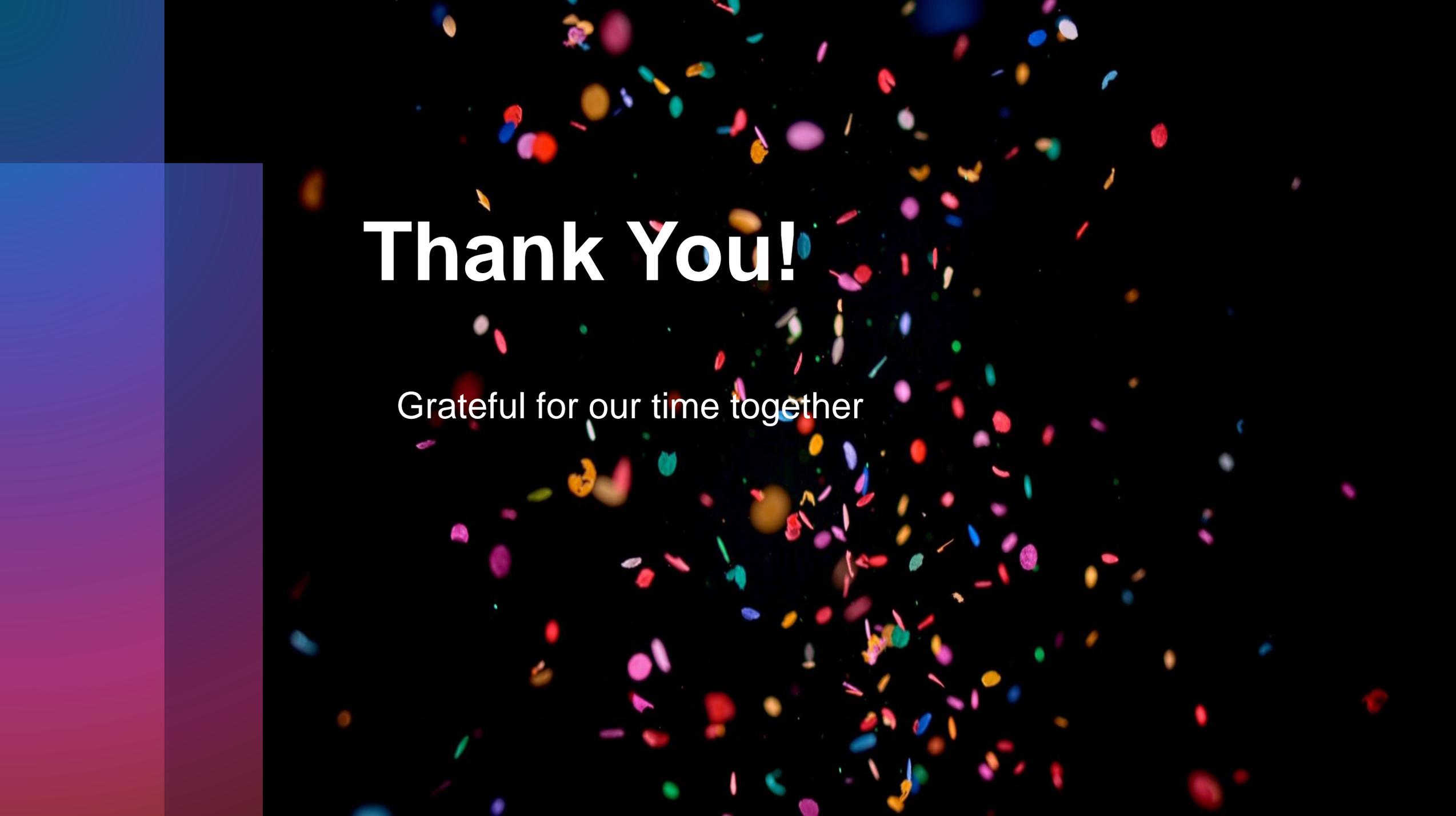


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WHAT WILL YOU COMMIT TO PRACTICE?





Thank You!

Grateful for our time together



Connect with PHN-PREP



Website: www.phnprep.ca

Email: phnprep@mcmaster.ca

Twitter: @PrepPhn

Community of Practice:

<https://machealth.ca/programs>



Community of Practice



PROGRAMS PARTNERS HELP BLOG RESOURCES



Public Health Nursing Practice, Research, and Education Project Community of Practice



The PHN-PREP community of practice creates a space for nurses and supervisors in Ontario's Healthy Babies Healthy Children and Nurse-Family Partnership home visitation programs to network and share practice, policy, education, and supervision resources.

PROGRAM BLOG FORUM RESOURCES MEMBERS

THIS IS A PRIVATE GROUP - CONTENT IS ONLY VISIBLE TO GROUP MEMBERS.

PHN-PREP consists of public health partners working together to advance public health nurses' knowledge, skills, and agency to deliver visiting and outreach services to pregnant individuals and families with young children enrolled in home visitation programs.



PHN-PREP

Forum - Thread List

All recent questions and discussions

By date

Descending

Introductions

15 Replies



Sonyastrohm

Sep 24, 2021 4:41 PM

Vaccine conversations with clients

Not Answered 0 Replies



Elizabeth Orr

May 28, 2021 6:16 PM

What nursing topics would you like to see practice guidance



Susan Jack



Visit our website to learn more about the research, education, and practice resources of the PHN-PREP team.



Register Now



The Neurobiology of Trauma,
Attachment and Substance
use: How the Relationships you
Build during the COVID-19
Pandemic Offer Hope and
Healing

Jan Ference Bed, MS, IPMHF

January 12, 2022
9:30 AM-11:30 AM