

SELF-CARE GUIDE FOR NURSES

- ✓ Ways to look after your physical and mental health
- ✓ Making self-care a part of your routine
- ✓ Asking for help when you need it
- ✓ Finding mental health resources



Self Caring Nursing

**Natalie B. May, Tim Cunningham, Dorrie
K. Fontaine**

Self Caring Nursing:

Self-Care Science, Nursing Theory and Evidence-Based Practice Susan G. Taylor, Kathie McLaughlin Renpenning, 2011-05-20 Key Features **Self- Care Theory in Nursing** Dorothea Elizabeth Orem, Susan G. Taylor, 2003-03-19 Few have approached the fundamental questions of nursing in such an insightful systematic and clear-sighted way as Dorothea Orem. This book is a collection of many of the presentations and writings that are not included in her previous books. It presents a fascinating view of the development of Orem's theory of self-care deficit over a forty-year period along with its ramifications for nursing education and practice **Dorothea Orem** Donna Hartweg, 1991-09-11 Encapsulating the work of a classic nursing theorist, this book provides a unique overview of Orem's Self-Care Deficit Model of Nursing. Orem's Model proposes that nursing should be especially concerned with the patient's need to move continuously towards responsible action in self-care in order to sustain life and health or to recover from disease or injury. The actions required of nurses to achieve these goals are clearly described **Self-care Deficit Theory of Nursing** Connie M. Dennis, 1997 SELF-CARE DEFICIT NURSING THEORY presents a clear explanation of the concepts, terminology, and constructs of Dorothea Orem's widely used theory. In an understandable manner, this text presents the advantages of using nursing theory and introduces the three main components of Orem's theory: Self-Care Dependent Care, Self-Care Deficit, and Nursing System. The heart of the book examines self-care deficit in detail and describes the best way to organize and administer nursing care to clients with self-care deficits. Case studies help the reader apply Orem's theory to practice situations Self-care and You Kim Richards, Elizabeth Sheen, Maria C. Mazzer, 2014-06-01 In this health and wellness guide, self-care means choosing behaviors to counter emotional and physical stress from exercise and nutritious eating to self-centering practices. To live a life of meaningful contribution as a nurse to your patients, colleagues, and others, you may need to make changes in your own life first. This integrated self-care guide by three nurse coaches with extensive expertise is organized by six self-care pathways. Numerous detailed examples, guidelines, tips, techniques, and insights are included about each pathway to help you to assess and guide your self-care journey. Provided by publisher Self-Care for Nurses Xiomely Famighetti, 2022-04-19 Take care of your patients by taking care of yourself with these 100 self-care activities specifically designed to help nurses reduce stress, feel their best, and ready to make a difference. There's no doubt about it: today's healthcare workers have a lot on their plates. Between balancing the needs of your patients and giving your all to support your coworkers getting burnt out and overwhelmed is a real risk. So how do you make sure you take time for yourself to recharge? With *Self-Care for Nurses*, you'll find 100 activities specifically designed to help you relax, take a break, and feel reenergized. Whether you need a quick pick-me-up in the middle of your shift or are looking for some new ways to unwind after the workday is over, you'll find helpful solutions like writing a list of your accomplishments, practicing yoga, learning how to ask for help, and much more. Whether you're a new nurse or a seasoned veteran, self-care is important for all. Start

your nursing self care practice today *Self-Care for New and Student Nurses, Second Edition* Dorrie K. Fontaine, Tim Cunningham, Natalie May, 2024-08-20 The authors have created a brilliant reader centric practical powerful and evidence based guide designed for new and student nurses yet effective for preceptors and faculty alike Imagine a resource so engaging and effective you turn to it time and time again to inform and support your whole person well being Teri Pipe PhD RN Richard E Sinaiko Professor in Health Care Leadership School of Nursing Core Faculty Center for Healthy Minds Distinguished Fellow National Academies of Practice University of Wisconsin Madison This extraordinary book will be the voice in the ear of every young nurse who reads it throughout their career sustaining them through the hard times and providing what it takes to be the skillful compassionate nurses they dreamed of being Bonnie Barnes FAAN Doctor of Humane Letters h c Co founder The DAISY Foundation This is an astonishingly rich and relevant text that truly should be required in every nursing program If widely adopted this text has the potential to transform the profession Mary Jo Kreitzer PhD RN FAAN Director Earl E Bakken Center for Spirituality Healing Professor University of Minnesota School of Nursing As a nursing student you re taught to expect a variety of challenges while caring for your patients and juggling competing priorities as you begin your career And though you may know better your personal well being can become the last thing you consider in your hectic student or new nurse life This second edition of *Self Care for New and Student Nurses* equips you to confidently face stressors now and in the future No matter where you are in your nursing career this book offers you multiple strategies to prioritize your own mental physical and emotional health Authors Dorrie K Fontaine Tim Cunningham and Natalie May showcase a group of strong contributors whose valuable tips and exercises will help you Find joy and a sense of mattering at work Manage anxiety loneliness and depression Address imposter syndrome practice self compassion and thrive during clinicals Cope and seek help with racial tensions substance abuse suicide risks and other traumas Spot the stressors that lead to burnout Prioritize sleep exercise and nutrition Build a toolkit of self care techniques including in the moment practices for an ideal workday Develop a resilient mindset Establish boundaries

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Self-care Nursing Lyda Hill,Nancy Smith,1985 **Nursing by Heart** Julie Skinner,2015-06-26 Nursing by Heart explores the author s personal and professional journey discovering truly effective self care and the profound impact this has had on her Each chapter explores a key component with examples from the author s life giving activities and tools for readers to experience core self care techniques that are simple effective and transformational The book draws on ancient wisdom to create new possibilities for all nurses currently practising and struggling with carer fatigue and encourages empowerment by teaching energy management allowing them to take responsibility for their health as physical emotional thinking and spiritual beings *Foundations of Professional Nursing* Katherine Renpenning,Susan Gebhardt Taylor,Judith M. Pickens,2016-05-15 Integrates the science of self care with other nursing and multidisciplinary perspectives This is the first text for the Professional Nursing Practice course in RN to BSN curriculum to present a conceptual framework for contemporary nursing practice based on the science of self care that also incorporates other nursing and multidisciplinary perspectives Built upon the premise that nursing is both a caring and a knowledge based profession this cutting edge text illustrates how to attain and integrate knowledge from nursing theory and theories of related disciplines to achieve optimal evidence based nursing practice Using case studies to demonstrate the relationship between nursing theory and practice the text underscores the importance of having a deep understanding and conceptual model of the unique role of nursing in society and its practice domain The text instills a foundational understanding of the science of self care and its contribution to contemporary nursing It describes how this paradigm is gaining recognition as an effective anti burnout strategy and demonstrates how it can be applied Case examples from a variety of clinical situations integrated with nursing theory demonstrate the variables needed to achieve optimal nursing practice The book illustrates what data to collect how to analyze that data how to design and implement intervention strategies and how to determine their effectiveness Key concept boxes measurable objectives with critical thinking questions and learning activities reinforce content Additionally more complex cases included at the end of the text and frequent links to nursing literature provide fodder for more in depth analysis Key Features Provides an integrative model for nursing practice based on self care that is useful in all clinical settings Illustrates how to attain and integrate knowledge from the science of self care with other nursing theories Demonstrates the relationship between theory and practice through case studies Introduces students to the importance of recording and analyzing data to achieve evidence based practice Includes measurable objectives with review questions at the end of chapters and many other pedagogical features Workbook for Self-Care for New and Student Nurses, Second

Edition Dorrie K. Fontaine, Tim Cunningham, Natalie May, 2024-08-21 This workbook for the second edition of Self Care for New and Student Nurses includes classroom activities and reflective questions to help students learn about self care tips and techniques Self Care for New and Student Nurses equips you to confidently face stressors now and in the future No matter where you are in your nursing career this book offers you multiple strategies to prioritize your own mental physical and emotional health Authors Dorrie K Fontaine Tim Cunningham and Natalie May showcase a group of strong contributors who provide a wealth of self care knowledge and a plethora of self care exercises

Self-Care Nursing in a Multicultural Context Juliene G. Lipson, Nancy J. Steiger, 1996-05-20 As health care reform increasingly emphasizes preventative care and health promotion it is becoming increasingly important for individuals to attain and maintain good health In Self Care Nursing in a Multicultural Context authors Juliene Lipson and Nancy Steiger seek to provide nurses and other health care professionals with the tools necessary to teach clients how to think through and decide how to take care of themselves and when to seek professional care whether in health or in chronic or acute illness This informative volume intersects two important issues in nursing self care and culturally component care It proceeds from the premise that self care is a powerful philosophical biological and psychological basis for nursing practice in a variety of settings Cultural issues are stressed throughout the volume including a section on cross cultural communication and cultural influences on learning styles The book is divided into four sections the historical and theoretical aspects of self care the components of health such as nutrition activity and stress management and the impact of self care in light of health care reform changing health care settings and the concept of health communities Health care professionals as well as students at both the undergraduate and graduate levels will find the volume imminently practical and relevant to their work

Self Care for Nurses: Small Doses for Wellness Natalie B. May, Tim Cunningham, Dorrie K. Fontaine, 2023-03-29 The term resilience often gets a bad rap but the ability to take care of yourself during stressors remains key to creating a work environment where you can thrive Grounded in research and rich in expertise gleaned from fellow nurses and other practitioners across the healthcare spectrum Self Care for Nurses offers proven self care strategies in small doses that can positively transform your relationship with work The authors filled this book with practical exercises that will fit easily into your lifestyle and might just keep you from the brink of burnout Authentic self care practice is best for you for your patients and for your colleagues Integrating these purposefully simple and easy to adopt strategies into your life can help you flourish in good times and grow in difficult ones

Self-care Charlotte Kenton, 1981 **Nursing Models for Practice** Alan Pearson, Barbara Vaughan, Mary FitzGerald, 2005-01-01 A new edition of this successful undergraduate nursing text relates theory to practice using an easily accessible and reader friendly style Complex ideas are explained clearly avoiding jargon Learning objectives Learning exercises and Study Questions make this a comprehensive learning resource Every chapter has been updated Updated information on developing evidence based practice This new edition focuses more directly on the student market including

learning objectives and other helpful study aids New material on developing evidence based practiceA new chapter on the evaluation of contemporary practice against the social history of nursing Self Care Journal for Nurses Ascension Books,2019-04-13 Working as a nurse or CNA is almost always stressful and you need to take care of yourself as much as the person or persons you re caring for Whether you re nursing in a hospital nursing home or assisted living facility this vital career field can be challenging for even seasoned veterans It s normal to experience a range of emotions while working as a nurse from anger and frustration to saddness and exhaustion This can take a toll both mentally and physically and sometimes nurses and CNAs find themselves in need of some extra care themselves With that in mind we ve designed this 140 page Self Care Journal for Nurses The journal is full of interactive exercises that allow you to get in touch with your feelings and hopefully find peace and comfort in your important role as a nurse and caregiver Included in this journal Mood Trackers The Year in Color Self Care Checklists Inspirational Quotes Self Care Prompts 12 Month Daily Tracker One day at a Time Affirmations Etch Sketch Pages Positive Thoughts Layouts Self Care Log Book Self Reflection Pages Grateful Thoughts Me Time Mental Health Monitor Self Care Goals Self Care Techniques Buy this journal now or purchase one as a gift for a friend or family member Take care of your mind and body so that you can keep caring for the ones you love The 'How' of Self-Care for Teachers Narelle Lemon,2024-08-20 Providing insights ideas strategies and compassion this book offers a new way of looking at self care for educators experiencing exhaustion and stress or who may simply be feeling more tired than they should be Drawing on personal experiences of burnout as well as research in wellbeing literacy self care and positive psychology Narelle Lemon presents a new framework for self care Designed especially for teachers of any discipline or sector the framework is based on five key dimensions self compassion mindful awareness habits time and empowerment Evidence based and easy to follow these dimensions scaffold the tools and strategies offered in the book allowing the reader to create their own toolbox based on what resonates with them most The book is designed to be flexible so the reader is encouraged to follow the recommendations as closely as they wish or to take inspiration for their own ideas acknowledging that tools will change over time and across contexts The practical tools in this book are further supported by reflective prompts as well as opportunities for extension with tips for leaders working groups and the education sector more broadly Written by a teacher for teachers this book gives you not only the tools but also the permission to look after yourself It will show you that self care is an act of self love self compassion and self awareness and that it is relational and you need to care for you in order to care for others *Measurement of Nursing Outcomes, 2nd Edition, Volume 3* Carolyn Feher Waltz,2001 A compendium of tools and methods available to nurses for the measurement of clinical and educational outcomes with attention given to purpose and utility conceptual basis development testing and the results of reliability and validity assessments **A Handbook for Caring Science** William Rosa,Sara Horton-Deutsch,Jean Watson,2018-09-28 A monumental compendium of Caring Science past present and future This groundbreaking work is an encyclopedic reference on the full spectrum of Human Caring

Science With contributions from highly accomplished scholars and practitioners from six continents it spans the evolution of Caring Science from its origins 40 years ago through its ongoing innovation and development and into the future Comprehensive and in depth this resource brings multigenerational perspectives to Caring Science and demonstrates its ethical nursing applications across cross cultural settings worldwide The book s broad scope embodies the paradigm s theoretical foundations guidance from Caring Science educators and researchers and practice insights from expert clinicians and administrators It offers strategies to influence meaningful policy change integrate principles throughout cross cultural and global settings and introduces inspiring voices from luminaries in coaching Caring Science creative arts spirituality and self care The text clearly demonstrates how theories frameworks and paradigms are directly integrated into practice research and educational settings Scholarly narratives and discourses on Caring Science will facilitate understanding of how to transform systems with a caring consciousness and ethically informed action Chapters consistently formatted to promote ease of comprehension include exemplars with reflective questions and references Key Features Traces the history of Caring Science and merges it with current and future perspectives Provides a how to guide for understanding the integration of theories frameworks and paradigms into practice research and education Distills a vision of how to transform systems with a caring consciousness and a commitment to ethically informed action Enables readers to cross reference Caring Science leaders across specialties Illustrates Caring Science practice through case studies examples and discourses Supports hospitals in procuring or maintaining ANCC Magnet certification Identifies research and practice opportunities for readers to integrate Caring Science into their professional milieus

Nursing Theorists and Their Work E-Book Martha Raile Alligood, 2021-07-23 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Theory Find the thinking of 39 leading nursing theorists in one comprehensive text Nursing Theorists and Their Work 10th Edition provides a clear in depth look at nursing theories of historical and international significance Each chapter presents a key nursing theory or philosophy showing how systematic theoretical evidence can enhance decision making professionalism and quality of care Lead author Martha Raile Alligood is known nationally and internationally for her expertise in nursing theory A classic in the field of nursing theory this text uses objective critiques case studies and critical thinking activities to bridge the gap between nursing theory and application Scholars specializing in the work of a specific nursing theorist write each theorist chapter often having worked closely with the theorists to provide the most accurate and complete information Case studies at the end of each theorist chapter put the theory into a larger perspective demonstrating how it can be applied to practice Critical thinking activities at the end of each theorist chapter help you understand the theory presented and apply it to personal and hypothetical situations Diagrams and graphics help you to visualize and better understand abstract concepts and theories History of nursing theory development includes its significance to the discipline and practice of the nursing profession Brief summary sections in theorist chapters enhance comprehension and make it easier to review for tests Major Concepts

Definitions box in each theorist chapter outlines a theory's most significant ideas and clarifies vocabulary Points for Further Study section at the end of each chapter indicates sources of additional information References at the end of theorist chapters list the author's primary and secondary sources of information NEW theorists chapter authors and case studies provide research and expertise from countries across the world NEW references and bibliographies demonstrate the ever increasing use of nursing theory globally

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