

Empowering the Wellbeing of Nurses

Jane Robotham
Registered Nurse
Nurse Wellness Educator
Accredited Siramarti Facilitator
Self-Transformation Facilitator

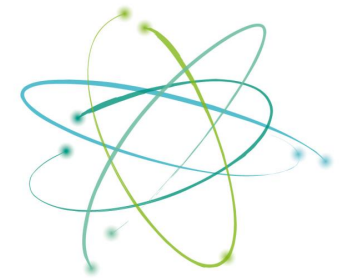
Email: jane@soulclarity.com.au
Website: www.soulclarity.com.au



Well**Nurse**
by Soul Clarity

What happened?

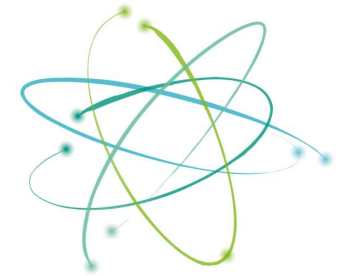
- ▶ I reviewed what was really going on in my life
- ▶ I had a long hard look at myself
- ▶ I reflected on what was happening around me



Soul Clarity

Symptoms of stress

- Headaches, other aches and pains •
- Sleep disturbance, insomnia • Upset
- stomach, indigestion, diarrhoea • Anxiety •
- Anger, irritability • Depression • Fatigue •
- Feeling overwhelmed and out of control •
- Feeling moody, tearful • Difficulty
- concentrating • Low self-esteem, lack of
- confidence • High blood pressure •
- Weakened immune system • Heart disease



Statistics 2014

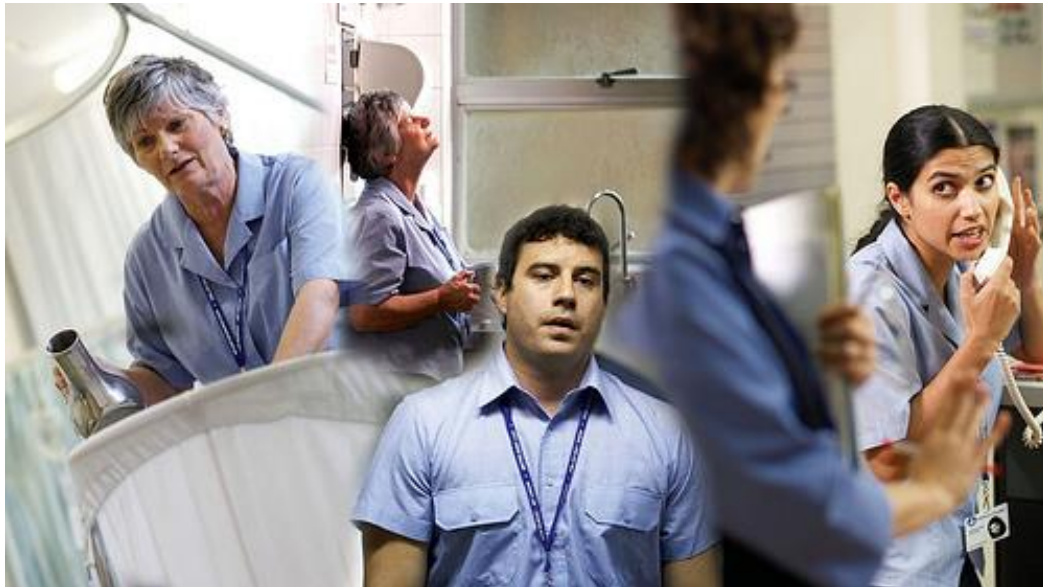
- ▶ 1 in 4 reported moderate to severe stress last year
- ▶ 2 in 5 reported experiencing some depression
- ▶ 1 in 4 reported experiencing some anxiety
- ▶ 1 in 5 reported that stress was having a strong to very strong impact on physical health

Stress and Wellbeing in Australia Survey 2014

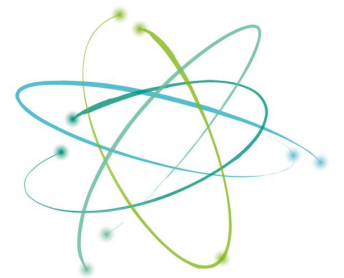


Soul Clarity

A nurse's environment

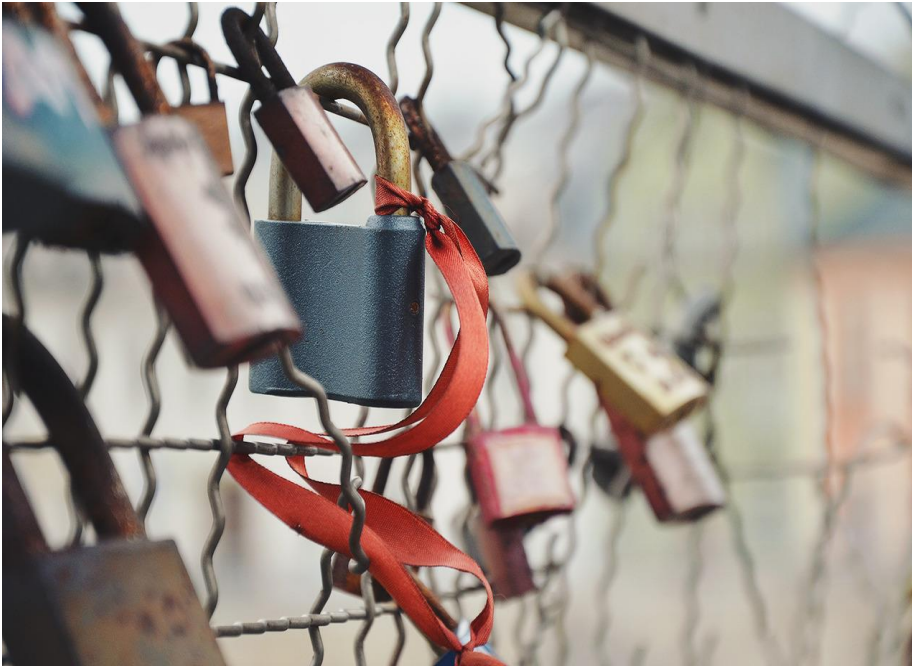


- ▶ Time poor
- ▶ Shift work
- ▶ Sleep deprivation
- ▶ Physically demanding
- ▶ Working closely with others
- ▶ Interpersonal work conflicts
- ▶ Not taught the strategies to cope

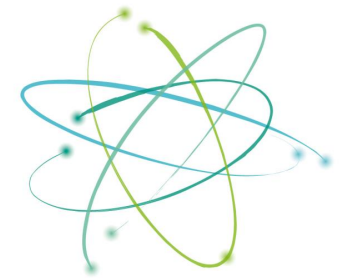


Soul Clarity

How do we respond?



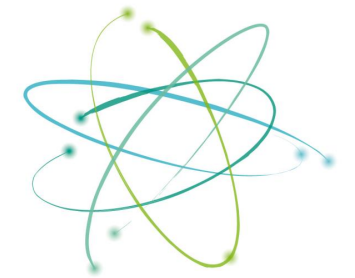
- ▶ Work harder/faster
- ▶ Accepted the status quo
- ▶ We often ignore how we really feel
- ▶ Soldier on mentality
- ▶ We develop a lack of awareness as we work to stay afloat



Soul Clarity

Reported coping mechanisms

- ▶ 40% Alcohol
- ▶ 69% Eating
- ▶ 57% Retail therapy



Nurses battling their own medical crisis

February 24, 2014

☆ Read later



Saffron Howden

Reporter

[View more articles from Saffron Howden](#)

[Follow Saffron on Twitter](#) [Email Saffron](#)

[Tweet](#) 47

[Share](#) 3.1k

[g+ Share](#) 10

[in Share](#)

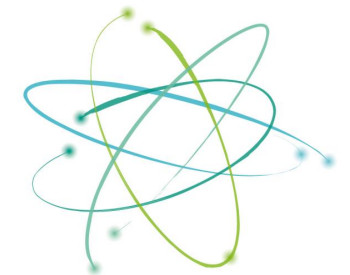
[Pin it](#)

[submit](#)

[Email article](#) [Print](#) [Reprints & permissions](#)

The keepers of the nation's health are battling a medical crisis of their own. A study into the well-being of nurses has found many are suffering from musculoskeletal conditions, obesity and mental health problems.

Overall, they rate their own health as somewhere between "poor" and "average".



Soul Clarity

Nurses survey 2013

- ▶ More than 50% reported stress affected their health
- ▶ 30% Chronic back pain
- ▶ 30% Mental health concerns
- ▶ 46% Weight management issues

Southern Cross University Survey - Ross and Barr 2013



Soul Clarity

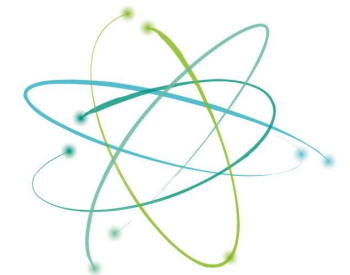
Can Secondhand Stress Be Contagious?

April 28, 2014

By ABC NEWS via **WORLD NEWS**



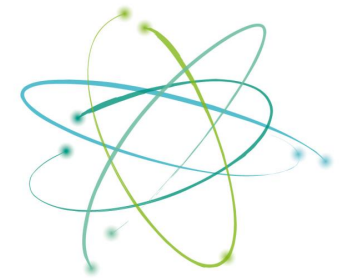
A team at Saint Louis University looked at "second-hand stress" to see whether it could be as contagious as a cold.
Credit: ABC News



Soul Clarity

How does this affect us as a nurse/healthcare worker?

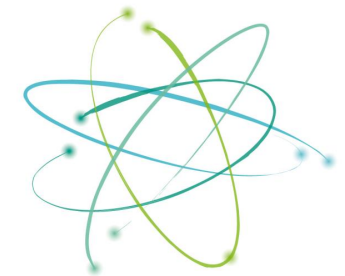
- ▶ Increasingly reactive to our surroundings
- ▶ Stress levels rise
- ▶ Exhaustion and fatigue increases errors
- ▶ Mental clarity is reduced
- ▶ Lack of enjoyment and fulfilment
- ▶ Reduced job satisfaction and retention



Soul Clarity

Long term affects

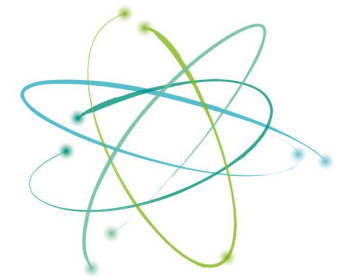
- ▶ Self-doubt and lack of confidence
- ▶ Worry, anxiety, overwhelm, panic
- ▶ Frustration, anger
- ▶ Exhaustion and burnout
- ▶ Poor physical health
- ▶ Mental health concerns



Soul Clarity

What happened next?

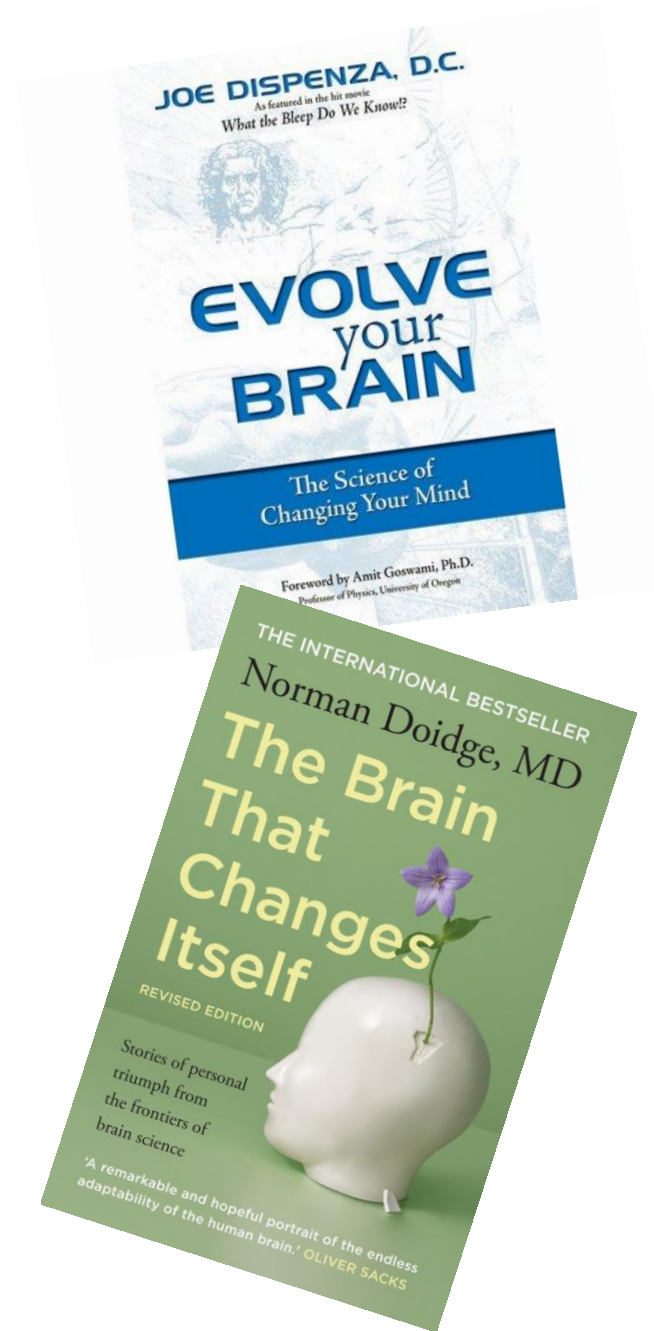
- ▶ I decided I wanted to feel happier with who I was
- ▶ I wanted to feel more fulfilled
- ▶ I believed life was meant to be easier
- ▶ I looked for the tools to change



Soul Clarity

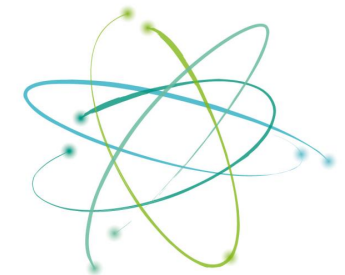
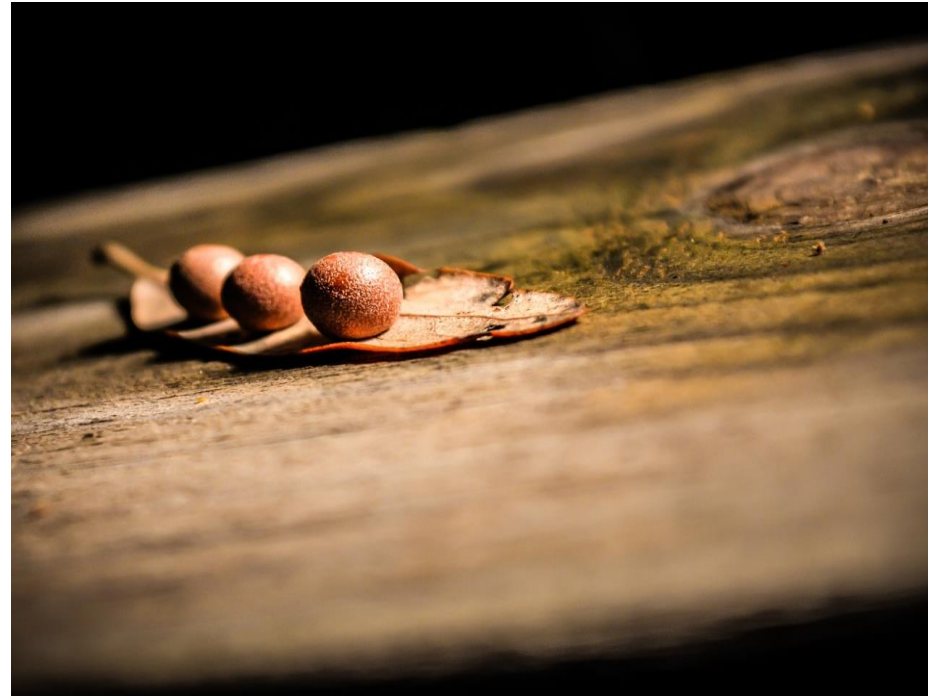
The Siramarti Process

- ▶ Developed by two Australian women over 15 years ago: Suzie St George and Fiona McDougall.
- ▶ Based on the science of Neuroplasticity - References 'The brain that changes itself' by Norman Doidge and 'Evolve your brain' by Joe Dispenza.
- ▶ Basic techniques are effective because they change the way the brain responds to day-to-day problems.



Stressed? Why?

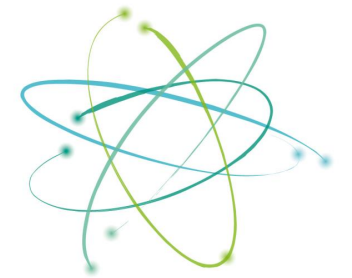
- ▶ Hunter gatherer's lifestyle
- ▶ Quiet communities
- ▶ Energetic connection to nature and the earth
- ▶ Periods of rest in between bursts of work
- ▶ Little mental stress
- ▶ Entire physiology was designed with this existence in mind.



Soul Clarity

21st Century!

- ▶ Unnatural environment
- ▶ No longer in nature
- ▶ Unpredictable change at all levels
- ▶ Demands for greater productivity
- ▶ Continuous pressure and lack of time
- ▶ Breakdown of relationship dynamics

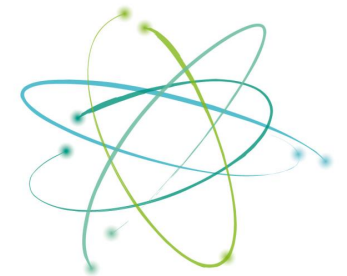


Soul Clarity

“Nerve cells that fire together, wire together”

Jo Dispenza

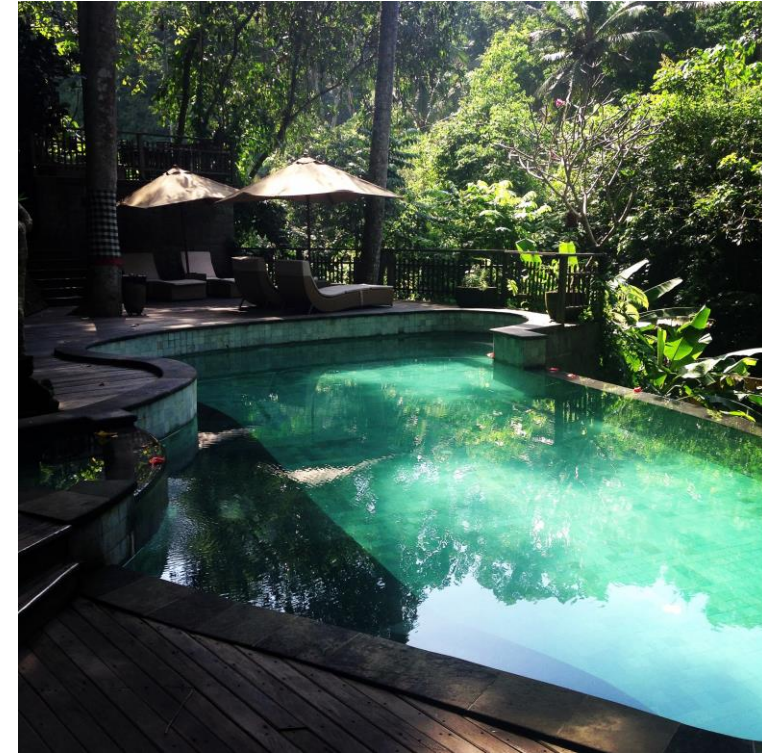
- ▶ Negative thoughts result in emotional responses that don't serve us - eg fear, stress, overwhelm
- ▶ These pathways become our default mechanisms which lead to repeated behaviour
- ▶ By stimulating our neural pathways in new ways it is possible to change the way we respond to challenges permanently



Soul Clarity

With practice you can:

- ▶ Stay calm amidst daily challenges
- ▶ Reduce stress, worry, fatigue
- ▶ Conduct tasks with mental clarity
- ▶ Make decisions with confidence
- ▶ Improve your vitality
- ▶ Feel comfortable and work alongside others with ease



Bali Retreat
2016

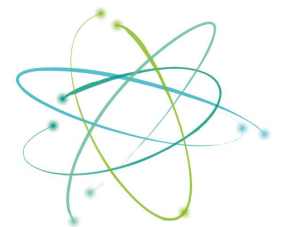


Soul Clarity

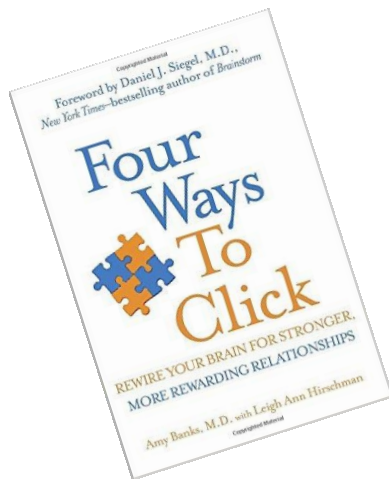
The WellNurse Program



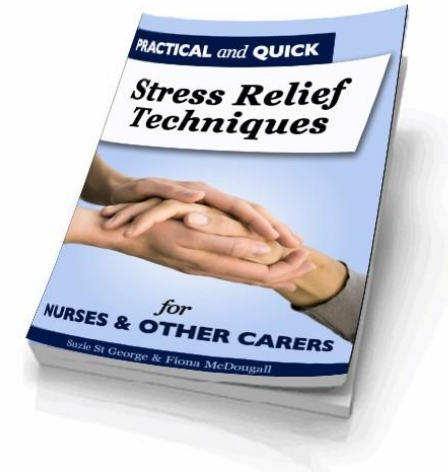
- ▶ **WellNurse** introduces health care workers to personal skills that can powerfully assist in relieving fatigue, stress, worry, overwhelm and more.
- ▶ If applied regularly you will steadily improve your ability to maintain a calm and centred approach to your work as a nurse/healthcare worker.



Soul Clarity



The WellNurse Model focuses on:



- ▶ Minimisation of internal stress, worry or discomforts through changing the way our brain responds to problems
- ▶ Self-awareness in the moment - honest evaluation of what you are feeling
- ▶ Making the choice to dissolve discomforts
- ▶ Taking personal responsibility to make changes
- ▶ Dealing with pressures in a grounded step-by-step way by learning the art of self-care



Soul Clarity

Self-care for those who care

- Relaxation
- Learning
- Visualisations
- Mindfulness
- Sound
Resonance
Healing Session
- All meals and
snacks

Of course I'm tired!
I'm a nurse.



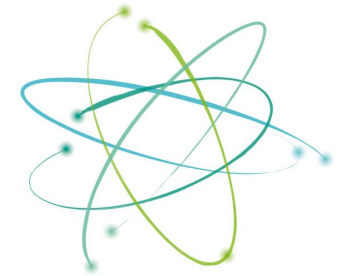
Geelong Conference Centre
Oct 10 2015
6 CPD points



Soul Clarity

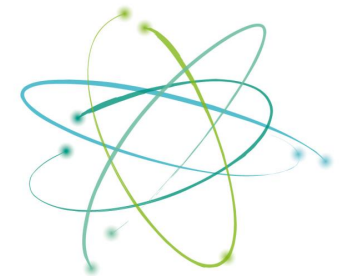
Pre: WellNurse Facilitation

- ▶ 20% frequently stressed at work
- ▶ 65% felt stressed at times
- ▶ 50% lacked confidence at work
- ▶ 20% frequently reported feeling worried
- ▶ 25% frequently had trouble falling asleep
- ▶ 90% reported at times feeling overwhelmed by the day ahead



Post: WellNurse Facilitation

- ▶ 80% reported a reduction in stress
- ▶ 70% reported increased confidence
- ▶ 70% reported feeling less worried
- ▶ 80% reported feeling more satisfied
- ▶ 70% reported improved sleep

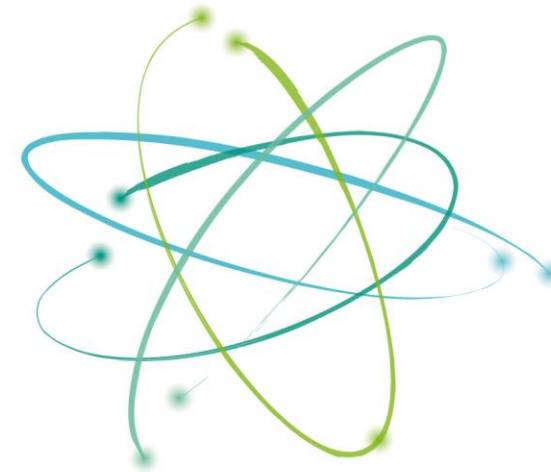


Thank you

FB Soul Clarity Australia

Join a Soul Clarity
Wellness Event or Retreat

Visit soulclarity.com.au for
more information



Soul Clarity