

APHON 2020



Let's goooooo!

"How's life?"

Me:



HA HA HA!!!!!! WHEEEEEEEEE!!!!!!!



“Physician Stress”



“Pediatric Nurse Practitioner Stress”



Pediatric Oncology Nurse Stress



Physician Resilience



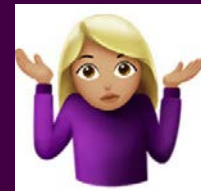
Pediatric Oncology/Hematology Nurse Resilience



“Physician Burnout”



Doesn't every physician keep a plastic cup of tongue depressors on the desk?



Pediatric Oncology Nurse Burnout



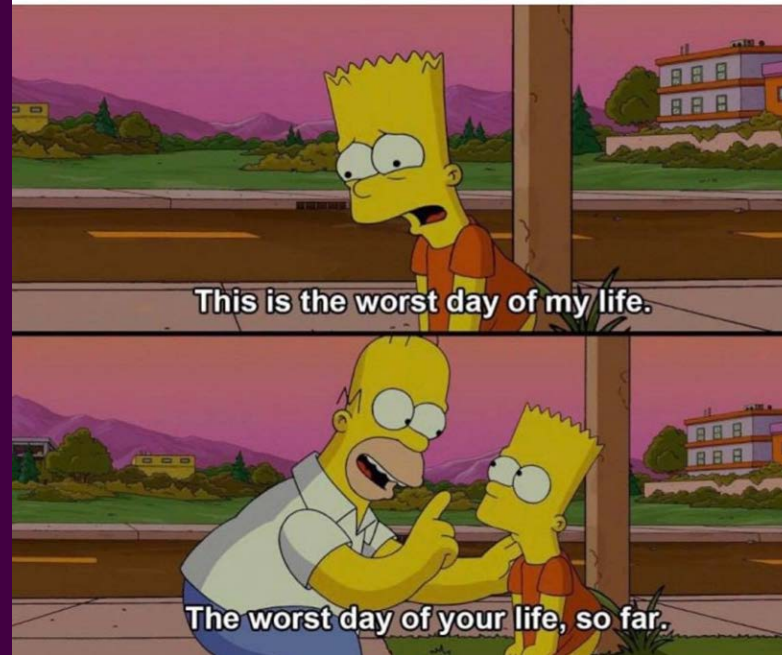
“Pediatric Nurse Practitioner Burnout”



I am worried...are you?



The new hire after one shift





	Always	Sometimes	Never		
1. I eat at least one hot, balanced meal a day.	1	2	3	4	5
2. I get 7-8 hours of sleep at least four nights a week.	1	2	3	4	5
3. I give and receive affection regularly.	1	2	3	4	5
4. I have at least one relative within 50 miles, on whom I can rely.	1	2	3	4	5
5. I exercise to the point of perspiration at least twice a week.	1	2	3	4	5
6. I limit myself to less than half a pack of cigarettes a day.	1	2	3	4	5
7. I take fewer than five alcohol drinks a week.	1	2	3	4	5
8. I am the appropriate weight for my height.	1	2	3	4	5
9. I have an income adequate to meet basic expenses.	1	2	3	4	5
10. I get strength from my religious beliefs.	1	2	3	4	5
11. I regularly attend club or social activities.	1	2	3	4	5
12. I have a network of friends and acquaintances.	1	2	3	4	5
13. I have one or more friends to confide in about personal matters	1	2	3	4	5
14. I am in good health (including eyes, ears and teeth)	1	2	3	4	5
15. I am able to speak openly about my feelings when angry or worried.	1	2	3	4	5
16. I have regular conversations with the people I live with about domestic problems - for example, chores and money.	1	2	3	4	5
17. I do something for fun at least once a week.	1	2	3	4	5
18. I am able to organize my time effectively.	1	2	3	4	5
19. I drink fewer than three cups of coffee (or other caffeine-rich drinks) a day.	1	2	3	4	5
20. I take some quiet time for myself during the day.	1	2	3	4	5

To calculate your score, add up the figures and subtract 20.

Total score _____ - 20 = _____

Score Interpretation:

✓ A score **below 10** indicates **excellent resistance** to stress.

✓ A score **over 30** indicates **some vulnerability** to stress;

✓ A score **over 50** indicates **serious vulnerability** to stress.

If your score falls between defined ranges, use the defined range closest to your score when you enter it on your Score Pattern Analysis worksheet.

- ◆ Notice that nearly all the items describe situations and behaviors over which you have a great deal of control.
- ◆ Review the items on which you scored three or higher.
- ◆ Consider those items for your self-care plan.
- ◆ Concentrate first on those that are easiest to change - for example, eating a hot, balanced meal daily and having fun at least once a week - before tackling those that seem more difficult.
- ◆ If useful, fine tune your results using the table below.¹⁴
- ◆ Remember to celebrate your accomplishments along the way!

To fine tune awareness of your areas of strength and vulnerability, average the scores for items as indicated below. You may choose to focus your self-care goals on areas in which average scores equal 3 or higher.

Category	Items	Average Score
Rest and Exercise	2 5 20	
Finances and Time Management	9 18	
Leisure & Lifestyle	10 11 17	
Social Support & Communication	3 4 12 13 15 16	
Nutrition	1 7 19	
Health & Fitness	6 8 14	

YOU WOULDN'T LET
THIS HAPPEN TO
YOUR PHONE.



DON'T LET THIS
HAPPEN TO
YOU EITHER.



SELF-CARE IS A PRIORITY.
NOT A LUXURY.

Survive

How we respond



Thrive

How we grow



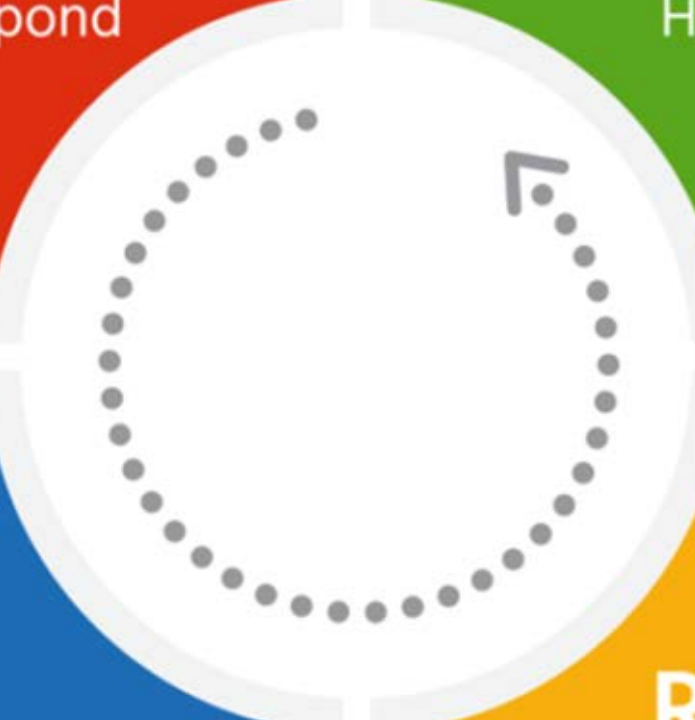
Adapt

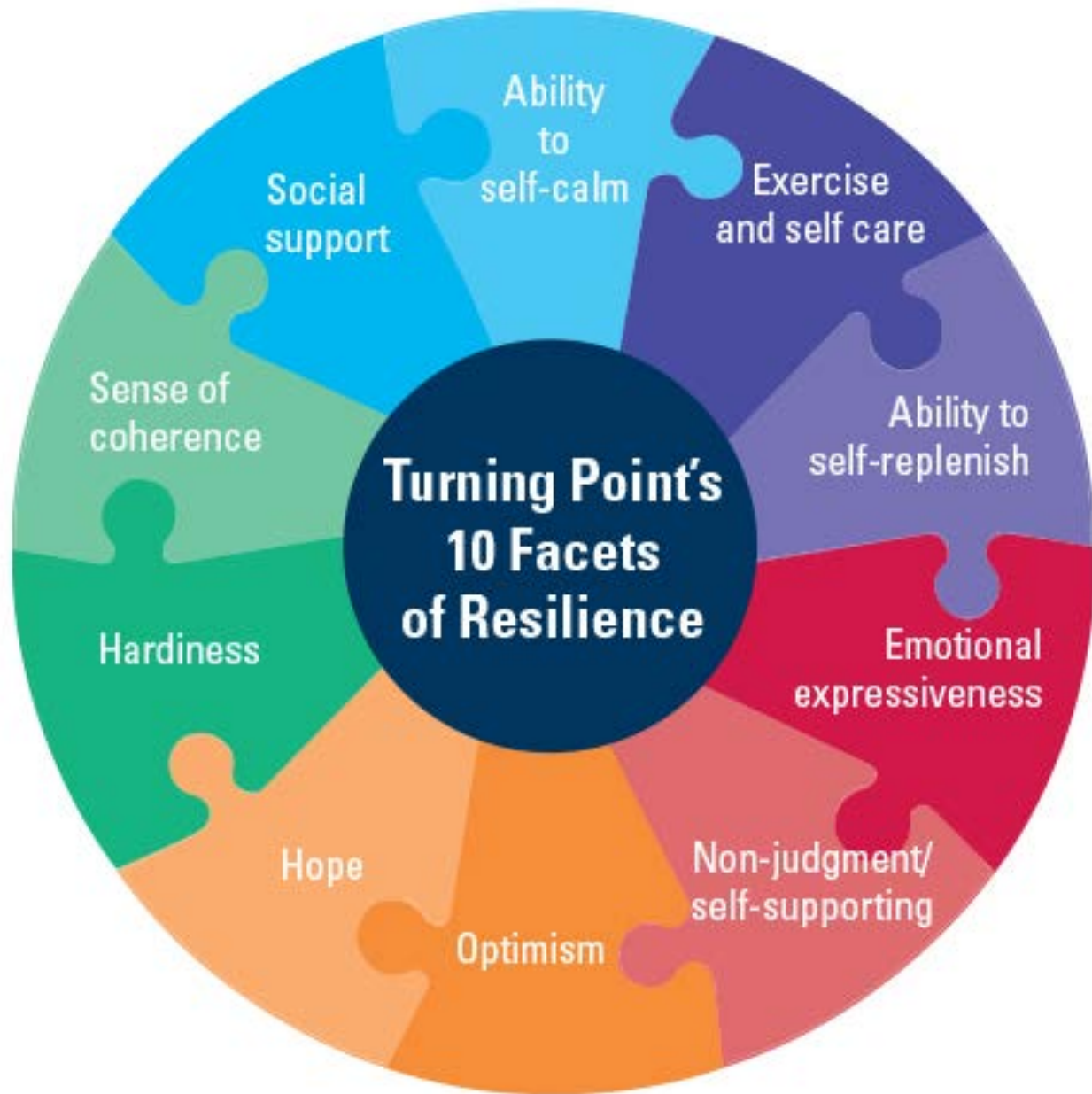
How we adjust



Recover

How we bounce back







Be (your best self)



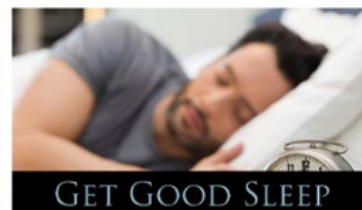
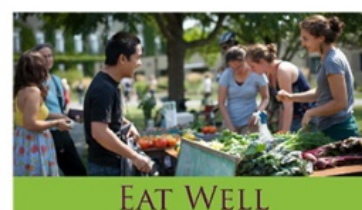
Make meaning



Reflect

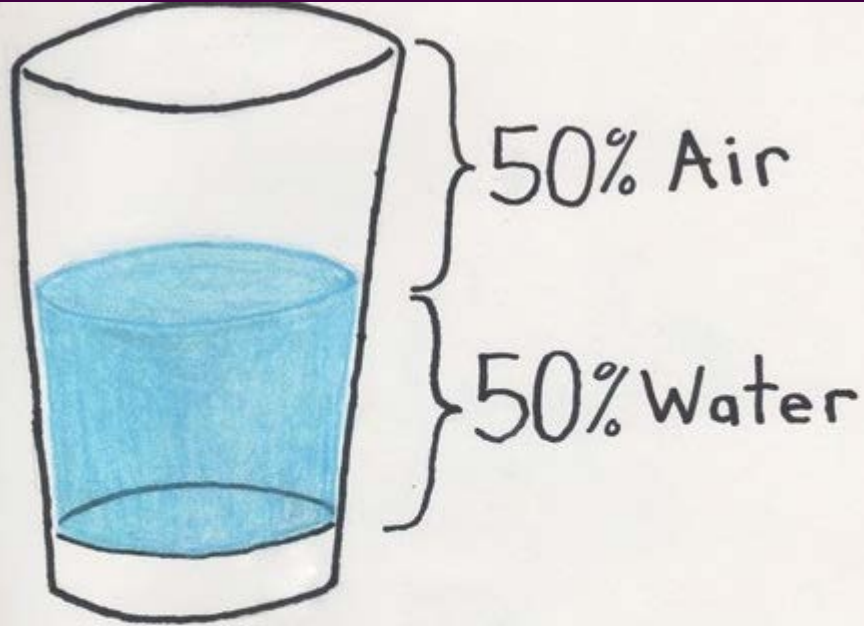


Engage



Practice

Resilience Pyramid



Technically,
The Glass is Completely Full.

**IT DOESN'T MATTER
IF THE GLASS IS
HALF EMPTY OR HALF FULL,
THERE IS CLEARLY ROOM FOR
MORE WINE.**

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

Don't stop
until you're
proud.

Good
attitude.
Maximum
effort.
No limits.

Make your
brain sweat:
fail.
learn.
try again!

BELIEVE
in the
power
of
→ yet. ←

Make
today
matter.

you
can
— and you —
will.

EMBRACE
— every —
CHALLENGE.

Learning
has no
limits.

— It —
may not
be easy, but
it will be
worth it.

progress,
not
perfection.

Mistakes
are proof
that you
are
trying.
♥

You CAN
do hard
things.







HOW ARE YOU?

I'M GOOD!*

* HAD A PANIC ATTACK
AN HOUR AGO...

People who play roles will
eventually forget their lines.



INSTEAD OF

"I DON'T HAVE TIME"

TRY SAYING

"IT'S NOT A PRIORITY"

AND SEE HOW THAT FEELS..

5 MINUTE SELF-CARE

@ STACIESWIFT

WRITE DOWN
3 NICE THINGS
ABOUT YOURSELF

STEP OUTSIDE
FOR SOME FRESH
AIR

FIND A
VIDEO OF
CUTE
ANIMALS
ONLINE

DRINK
SOME
WATER

LISTEN
TO A SONG
THAT MAKES
YOU
SMILE

BOOK THE
APPOINTMENT
YOU'VE BEEN
PUTTING OFF

DO A SHORT
MINDFULNESS
BREATHING
EXERCISE

Paying Attention

-
- listening, watching or considering what naturally exists

On Purpose

-
- intentionally increasing awareness of experience

Mindfulness

...as if your life depended on it.

in the Present Moment

-
- focusing on the here and now

Non- Judgmentally

-
- being curious and objective about experience

Replace Netflix marathons with **sleep**.

Replace toxic friends with **mentors**.

Replace complaining with **gratitude**.

Replace video games with **books**.

Replace gossip with **communication**.

Replace blame with **responsibility**.

Replace TV shows with **exercise**.

Replace alcohol with **water**.

Replace overthinking with **action**.

IF YOU WOKE UP TODAY &
DIDN'T LIKE HOW YOU FIT IN YOUR
PANTS, HOW YOUR HAIR FELL, OR
HOW YOUR SKIN LOOKS - CAN I
REMINDE YOU OF SOMETHING? FIRST -
YOU DEFINITELY ARE NOT ALONE IN
FEELING THAT. ALSO, HOW YOU LOOK IS
NOT EVEN IN THE TOP TEN MOST IMPORTANT
THINGS ABOUT YOU. REMEMBER THAT
REALLY HARD THING YOU CARRIED? THE
FRIEND YOU HELD AS THEY CRIED? THE
DIFFERENT CHALLENGES & HARDSHIPS THAT
HAVE STRETCHED YOU? YOU'VE SURVIVED
SO MUCH - AND YOUR STRENGTH LITERALLY
RADIATES THROUGH YOU. YOU - JUST AS YOU
ARE - ARE A BEAUTIFUL MIX OF STORIES &
RESILIENCE. YOU ARE - WITHOUT TRYING - LOVELY.

*Failure is a bruise
not a tattoo.*

John Sinclair

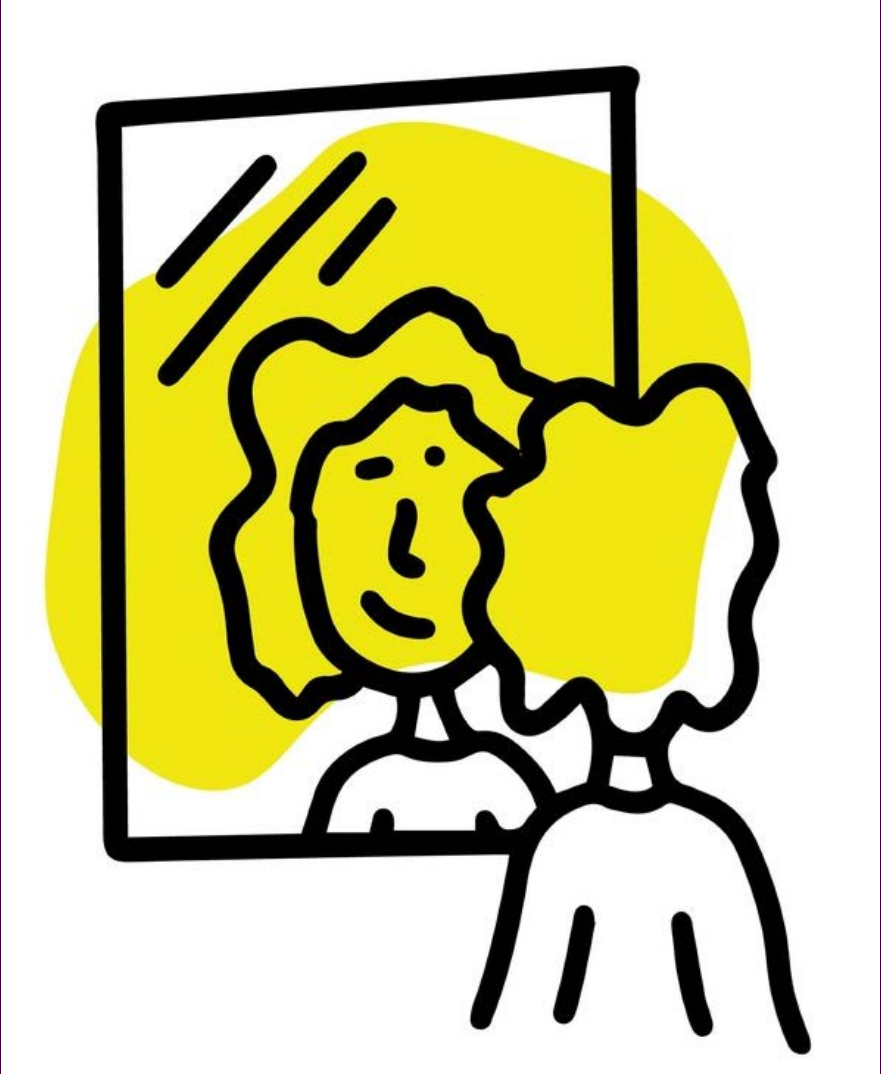


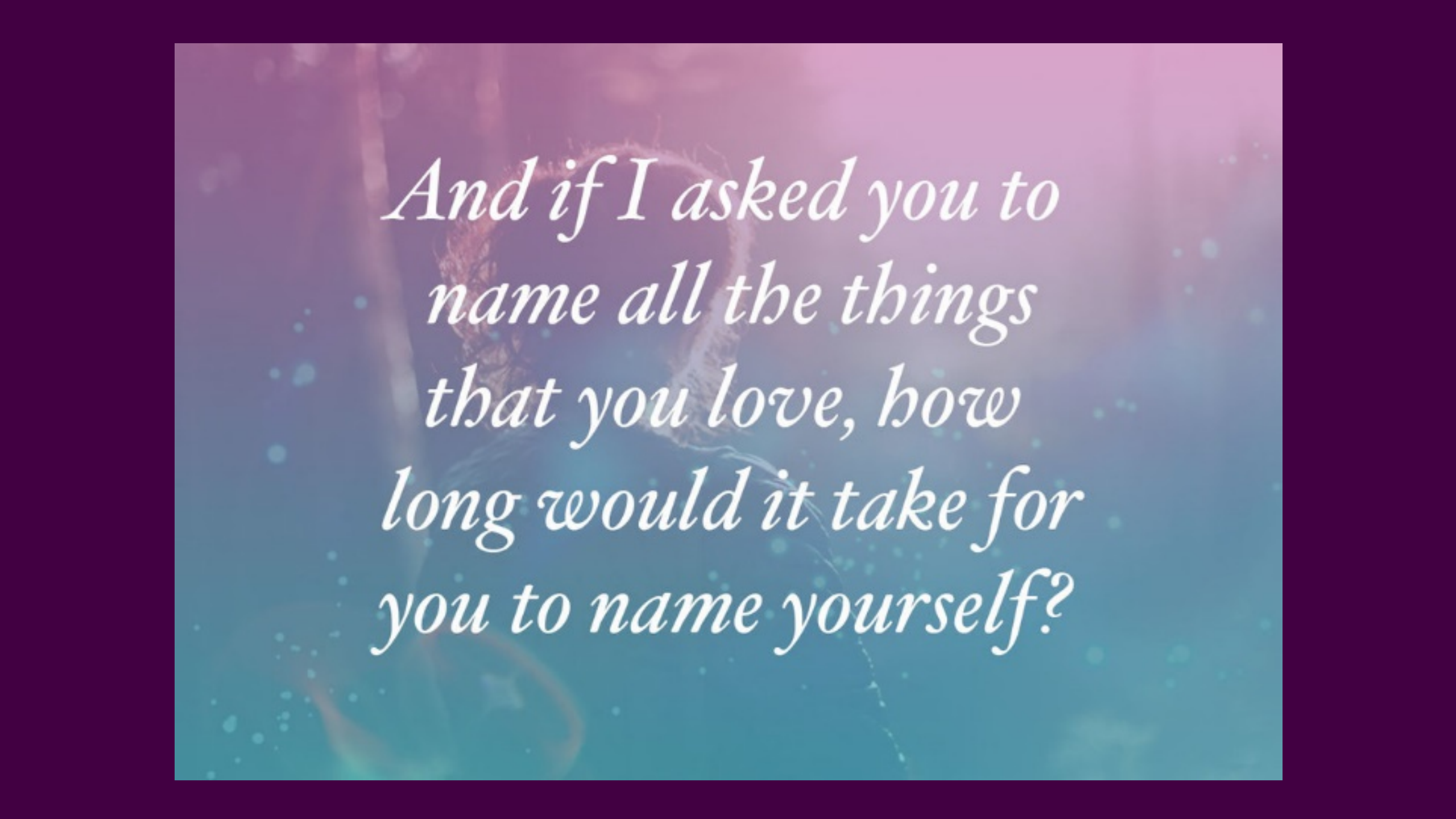


What do you love to do?

- When was the last time you did it?







*And if I asked you to
name all the things
that you love, how
long would it take for
you to name yourself?*

There are two wolves fighting
in your mind.

Which wolf will win?



**If you feed them right,
they both win.**

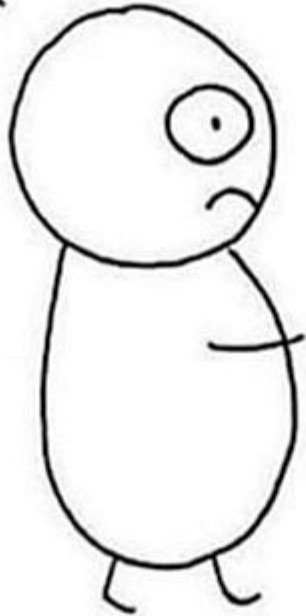
Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.

Have YOU
told YOU lately
that YOU
love YOU?

"FINDING YOURSELF"
IS NOT REALLY HOW IT WORKS.
YOU AREN'T A TEN-DOLLAR BILL
IN LAST WINTER'S COAT POCKET.
YOU ARE ALSO NOT LOST.
YOUR TRUE SELF IS RIGHT THERE, BURIED
UNDER CULTURAL CONDITIONING, OTHER
PEOPLE'S OPINIONS, AND INACCURATE
CONCLUSIONS YOU DREW AS A KID THAT
BECAME YOUR BELIEFS ABOUT WHO YOU ARE.
"FINDING YOURSELF" IS ACTUALLY
RETURNING TO YOURSELF.
AN UNLEARNING, AN EXCAVATION,
A REMEMBERING WHO YOU WERE
BEFORE THE WORLD GOT ITS HANDS ON YOU.

EMILY MCDOWELL

Where did you
find that? I've been
searching for it everywhere.



I created it
myself.



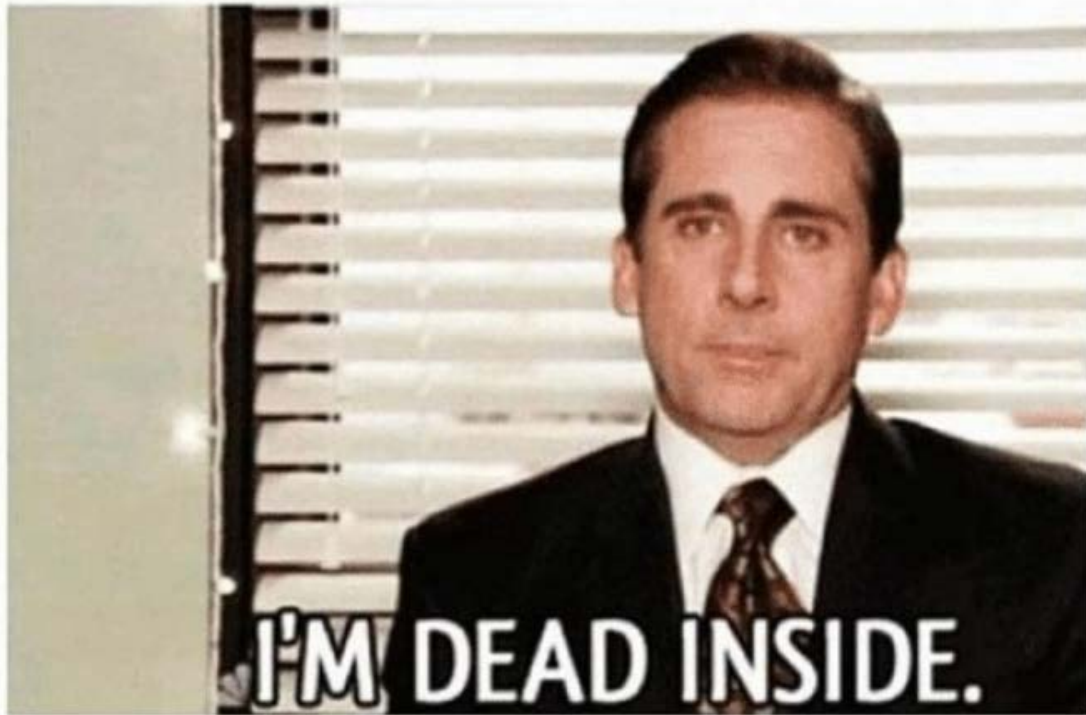


HEY, TRAIN WRECK, THIS
ISN'T YOUR STATION.

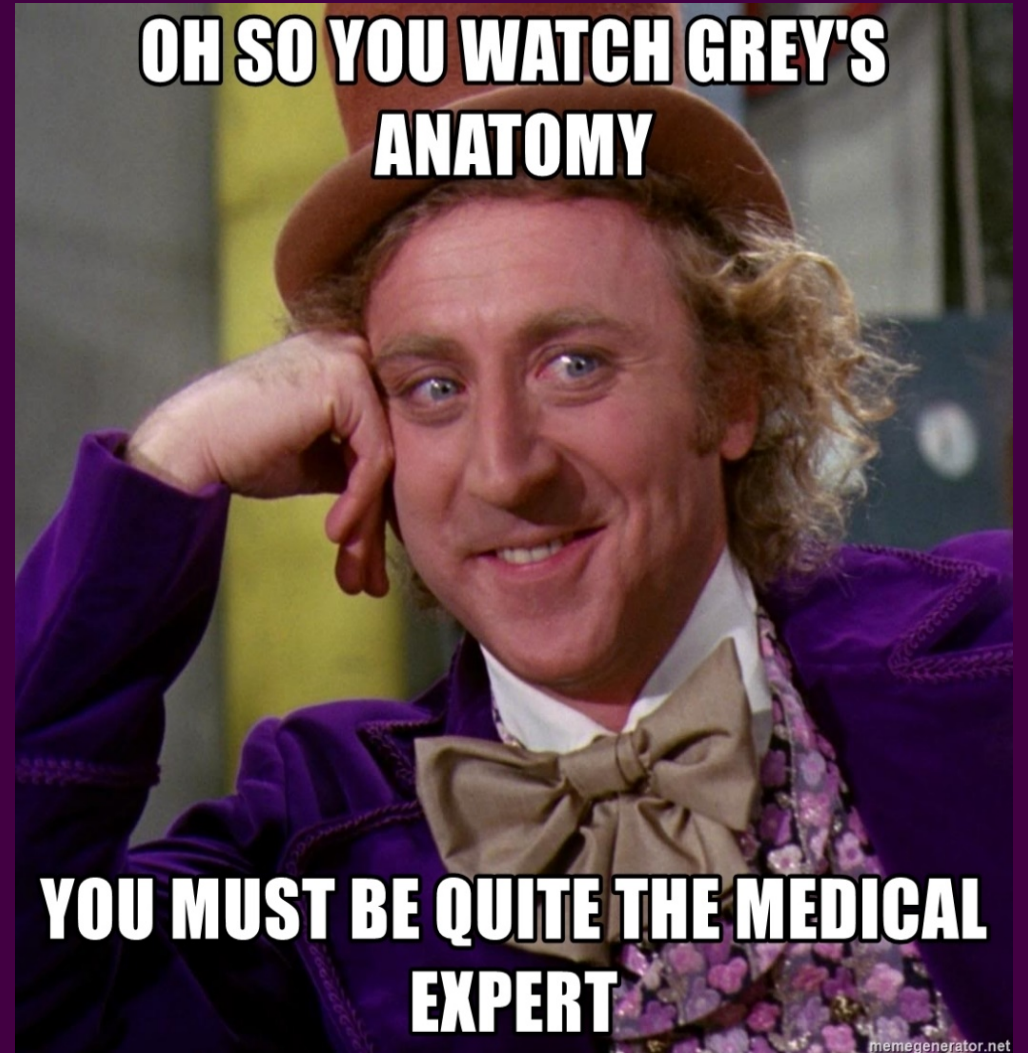


BLURT CARD

When people ask how I handle this job...



OH SO YOU WATCH GREY'S ANATOMY

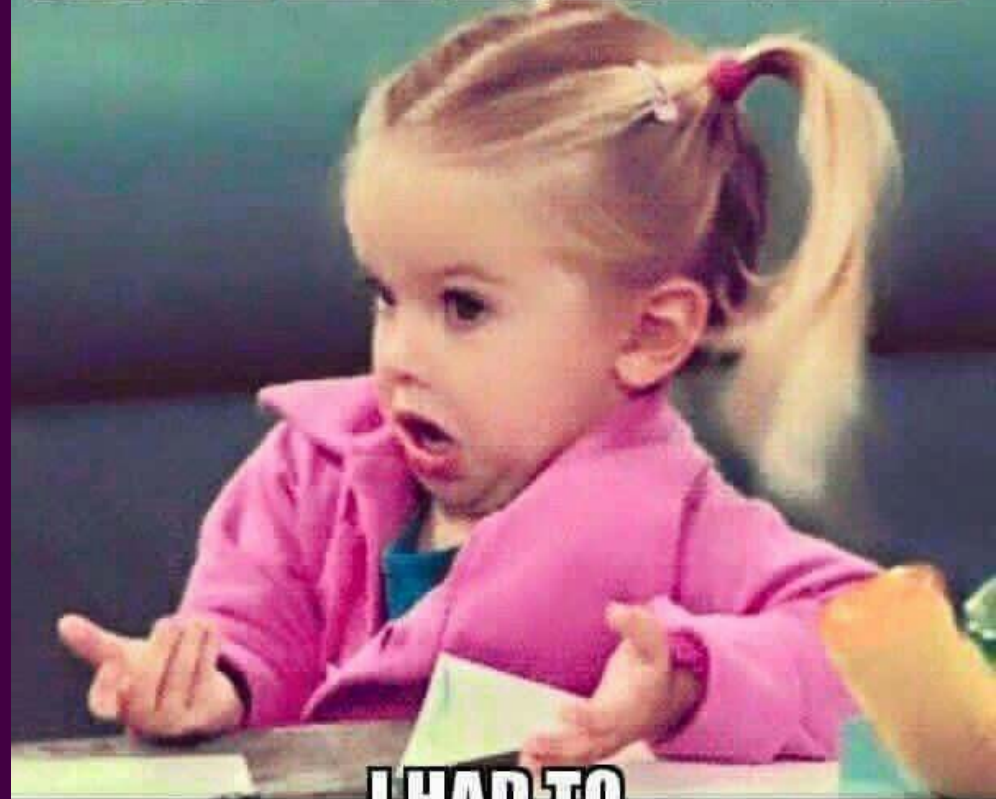


**WHEN A PATIENT WHO
ARGUED WITH ME**



**BEGINS ARGUING WITH
THE DOCTOR**

**YOU THINK I'M CRAZY YOU
SHOULD MEET MY WORK MATES**



**I HAD TO
ADAPT TO MY SURROUNDINGS**

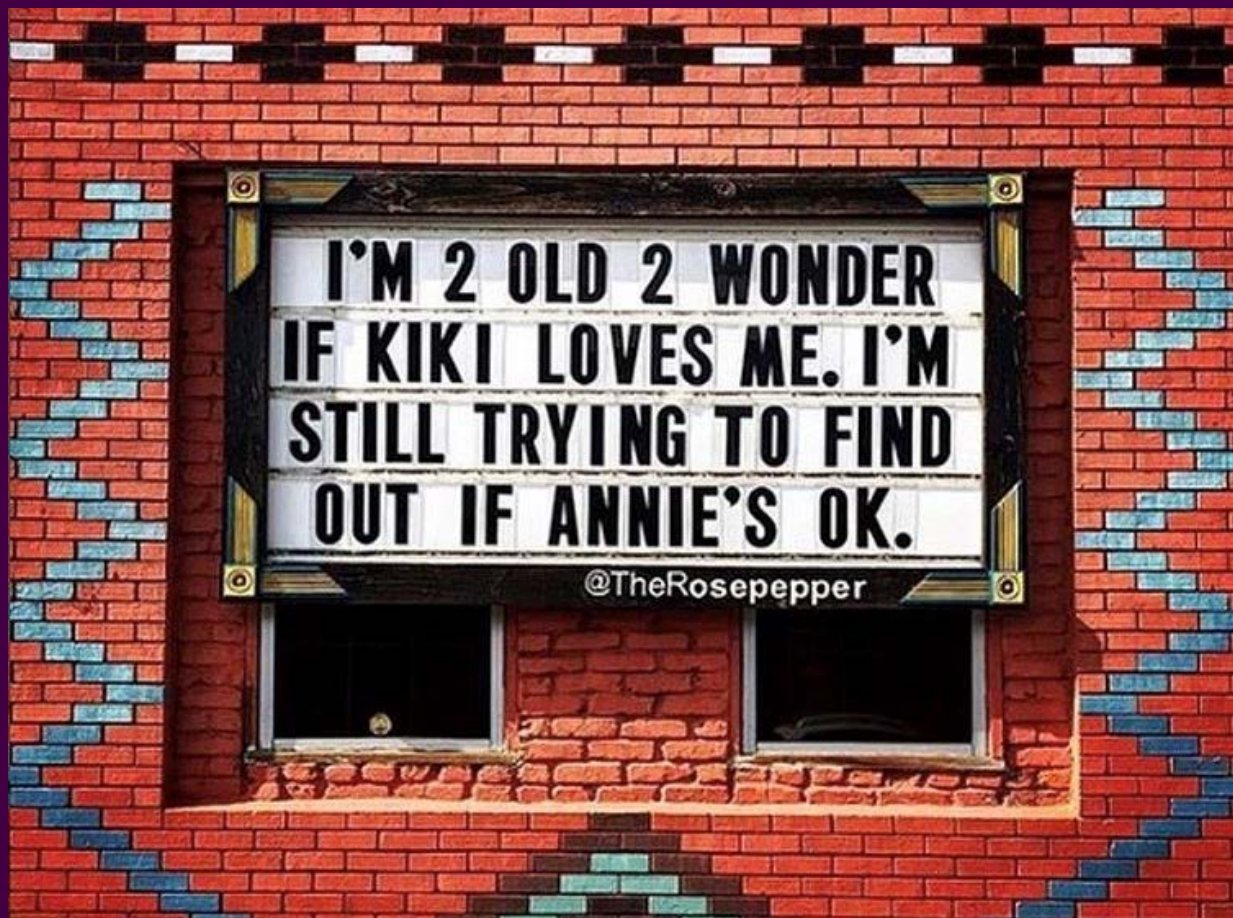
**I SUSPECT THE CAUSE
OF DEATH WAS**



**HIS WHITEBOARD
WASN'T UPDATED**

When you haven't even gone to sleep yet and you already can't wait to come home from work tomorrow





Me at the tube station waiting on those meds
pharmacy said would be right up



Nurselifer

Use aromatherapy 😊









START NOW.
START WHERE YOU ARE.
START WITH **FEAR**.
START WITH **PAIN**.
START WITH **DOUBT**.
START WITH HANDS **SHAKING**.
START WITH VOICE **TREMBLING**
BUT **START**.
START AND DON'T **STOP**.
START WHERE YOU ARE
WITH WHAT YOU HAVE.
JUST START.



**You don't
have to see
the whole
staircase,
just take the first step.**

- Martin Luther King, Jr.

[#acourseinmindfulliving](#)

Take out your phone....



Thank you so much for having me!



WE'VE ONLY JUST BEGUN!!!



Association of Pediatric
Hematology/Oncology Nurses