

# Outline

## Know your Stress: Naming your Top 5 External and Internal Stressors

Workplace Stressors: Workload, high acuity, code blue, demanding patients, abusive co-workers, lack of control, scheduling  
Home Stressors: Relationships, family, care giving, household management  
Life Stressors: Money, time, illness, aging, death  
Internal Stressors: Anger, fear, worry, attitudes, memories  
Recognizing your stress reactivity pattern: Are you a Fight, Flight or Freezer?

## Immediate Stress Relief

Learn and Practice Quick Stress Busters: Four Square Breathing, Recruiting the Senses, STOP

## Long-Term Stress Relief

The new brain research: Neuroplasticity  
Hypervigilance and the overactive amygdala  
Mindfulness and Compassion Meditation Practices  
Yoga  
Self-Care

## Nursing and Negative Stress Reaction Patterns

Burnout: Emotional exhaustion, depersonalization, and loss of personal efficacy  
Rate yourself: Maslach Burnout Inventory  
Compassion fatigue  
Lateral violence: Disruptive, abusive, or inappropriate behavior between nurses

## Explore Mindfulness

Intention/Attention /Attitude  
The present moment  
Experience: Mindful eating  
Mindful eating at work: Tips and techniques

## Focus and Concentration

Calming the mind  
Mindfulness Attention Awareness Scale (MAAS)  
Mindfulness and patient safety  
Experience: Mindfulness of breathing

## Responding vs. Reacting to Stress

Stress reactivity habits  
Experiential exercise: Stress awareness and stress release  
Using awareness to 'Center' during workplace turmoil

## Caring and Compassion: Exploring the Heart of Healthcare

Job satisfaction and burnout  
Self-compassion: Kindness, common humanity, and mindfulness  
Rate yourself: Self-Compassion Scale  
Compassion Meditation 1: To work with difficult feelings (judgment, blame, shame, doubt) towards yourself  
Compassion Meditation 2: To cultivate greater compassion towards self and others

## Workplace Scenarios: Apply Mindful Communication

A patient's family member wants to monopolize your time  
You are overloaded and asked to take another admission  
A colleague questions your clinical judgment  
A patient is triggering unwelcome memories from your past  
Today you are irritated by everyone at work  
Working with an emotional spouse at the deathbed

## Stress and the Workplace

The Toxic Workplace: Overwork, Bullying, Blame and Burnout  
The Healthy Workplace: Teamwork, Safety, Mentoring, Flourishing  
Employee health and wellness programs

## Self-Care and Resiliency: Keys to a Sustainable Nursing Career

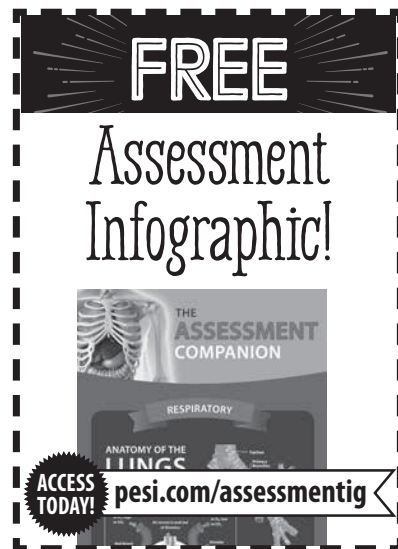
Stress reduction  
Time management  
Balance: Work to home transitions  
Workplace wellness  
Creating a self-care plan

## Teaching Stress Reduction Strategies to Patients and Families

Choosing appropriate techniques

# Objectives

1. Apply stress reduction strategies in your professional and personal life.
2. Explain the components that contribute to burnout.
3. Practice in-the-moment stress relief techniques including Four Square Breathing, Mindful Check-In and STOP.
4. Differentiate between toxic and healthy workplace environments.
5. Apply mindful communication techniques to patient care scenarios.
6. Evaluate new techniques to process difficult emotions.
7. Create a realistic self-care plan.



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# STRESS Reduction Strategies for Nurses

## Revitalize Your Practice

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Wednesday, October 23, 2019

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# STRESS Reduction Strategies for Nurses

## Revitalize Your Practice

- Learn necessary stress survival skills
- Defeat burnout - and reclaim the ability to make a difference
- Demanding patients and cranky coworkers got you down?
- Utilize skillful communication to defuse disruptive situations
- Don't feel guilty setting healthy emotional boundaries
- Transform your workplace – even if it may be full of bullies, blamers and belittlers!

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# STRESS

## Reduction Strategies

# for Nurses

## Revitalize Your Practice

Plan to join Sara Lefkowitz, MPA, BSN, RN, for this revitalizing workshop. Sara really understands nurses and the complexities of working in the healthcare environment. She has synthesized materials from important thought leaders in the fields of stress reduction, compassion and nursing to present to you powerful and useful tools to incorporate into your nursing practice.

Multiple demands, fast pace, change and complex situations are common in healthcare environments. This leads nurses to experience the acute and chronic effects of stress. During

the stress reaction, the body is flooded with stress hormones. Sara will demonstrate exercises to calm the nervous system. The goal is to develop mindful RESPONSES to stressful events in place of harmful stress REACTIVITY. Mindful responses to stress will help you stay balanced and focused in the midst of a busy day and increase the effectiveness of your nursing practice.

Nurses work with people in crisis. We can become distressed and overwhelmed by other people's trauma and illness. This contributes to burnout and compassion fatigue. Sara will teach you techniques to develop emotional boundaries and to work successfully with difficult emotions.

Patients and colleagues want to feel seen and heard. The skillful choice of words and good listening can turn potential conflict into collaboration. Learn effective mindful communication techniques.

Sara is confident that this workshop will help nurses regain their sense of vitality, purpose and desire to make a difference in the world. Enroll now for a life- and career-changing event!

## Speaker

**Sara Lefkowitz, MPA, BSN, RN**, is a dynamic and engaging speaker who presents highly-acclaimed seminars on Stress Reduction for Nurses throughout the United States. She has firsthand knowledge of the challenges that nurses face through her years working in large urban hospitals on Medical Surgical Units and in the Emergency Department. She did this while being a wife and mother, and understands the difficulties of juggling family and career responsibilities.

In 2013, Sara undertook a course of study to learn practical techniques to heal the healer. She studied Mindfulness Based Stress Reduction and trained as a facilitator. She studied Vipassana Meditation at Spirit Rock Meditation Center. She learned compassion practices from studying Vajrayana Buddhism at Tara Mandala Meditation Center. Other notable influences in the development of this workshop include Rick Hanson, Christine Neff and Nonviolent Communication. During this experiential and career-changing workshop, Sara will teach you how to calm the mind, soothe the emotions and speak up for the profession.

Speaker Disclosure:

Financial: Sara Lefkowitz is a tenured nursing faculty for College of Marin. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sara Lefkowitz is a member of the American Nurses Association; and the San Francisco Bay Area Tara Mandela Sangha.

TARGET AUDIENCE: Nurses, Nurse Practitioners, Clinical Nurse Specialists, Nurse Educators

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### The Heart of Mindfulness-based Stress Reduction

A MBSR Guide for Clinicians and Clients

By Elana Rosenbaum, MS, LICSW

Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients' life. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness.

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**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

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STRESS REDUCTION STRATEGIES FOR NURSES: REVITALIZE YOUR PRACTICE

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