Becoming the Best Version of Yourself!

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"Your time is limited, so don't waste it living someone else's life.

Don't be trapped by dogma – which is living with the results of other people's thinking.

Don't let the noise of other people's opinions drown out your own inner voice.

And most important, have the courage to follow your heart and intuition.

They somehow already know what you truly want to become.

Everything else is secondary."

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Have Self Esteem…Self Confidence…

LOW SELF-ESTEEM IS LIKE DRIVING THROUGH LIFE WITH YOUR HAND-BREAK ON.

MAXWELL MALTZ

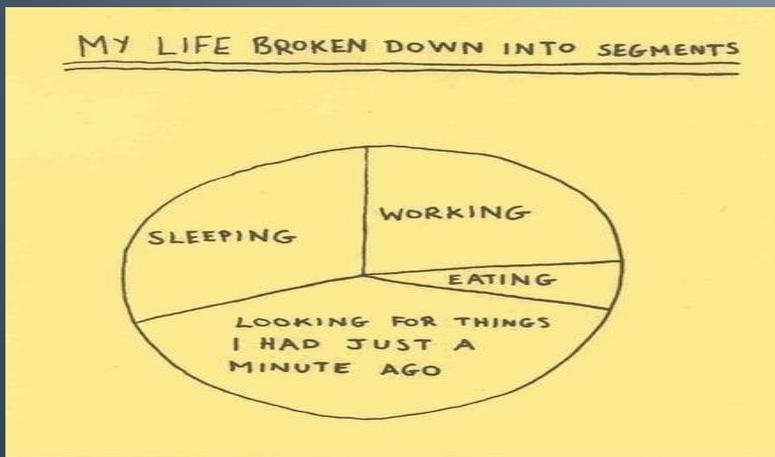Allegheny Health Network

Taking Care of Yourself…

Understand self and others…

GREEN

BLUE

YELLOW

RED

Self Awareness…

- **Where am I going?**
- **What is important to me?**

It's not hard to make **decisions** when you know what your **values are.**

Roy Disney

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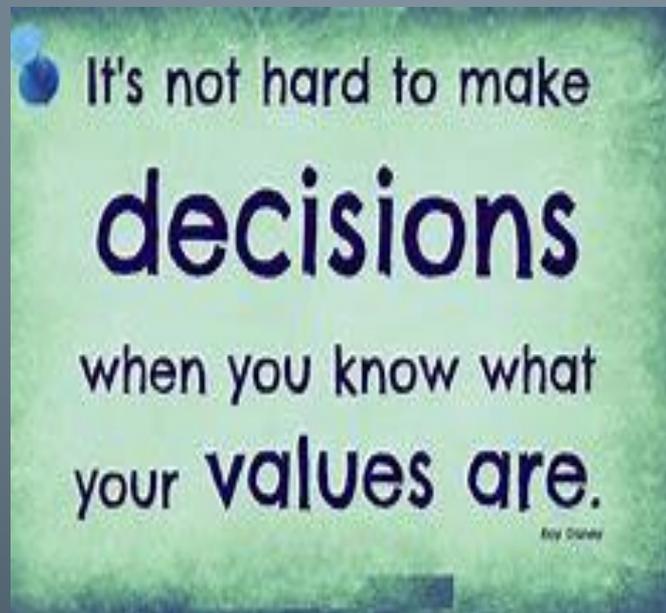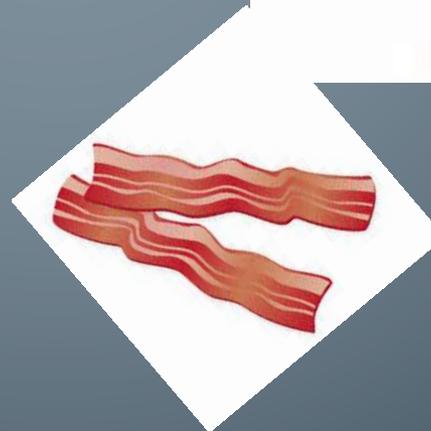
Eat healthily

Drink water

Breathe deeply

Sleep

Renew

Look good!

"LIFE EXPECTANCY WOULD GROW BY LEAPS AND BOUNDS IF GREEN VEGETABLES SMELLED AS GOOD AS BACON." ~DOUG LARSON
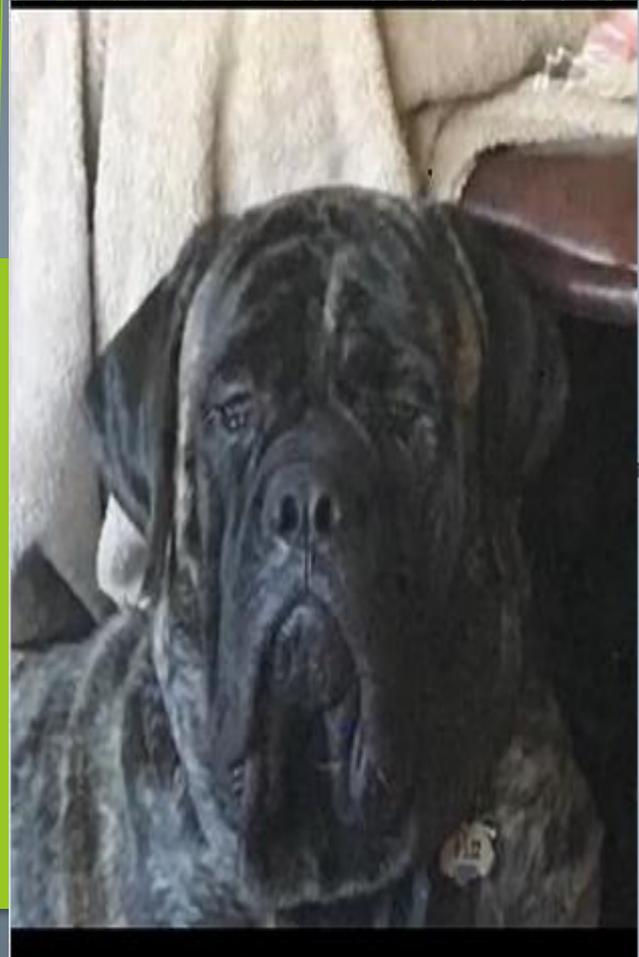
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Choose happiness…

Perspective..

Zeus

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Why focus on reslience?

- Stress inducing environment of our work...
- Increase in crisis with reduction or limited ava[...] of resources
- Information Overload- data saturation
  - How much data do we need?
- Overwhelming demands of Nurse Managers
  - Patient Centered, quality, safety and fiscally responsible
  - Who wants to be the NM these days?

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Qualities of a Resilient Nurse

- Honesty and Integrity
- Accountability
- Authenticity
- Hope
- Optimism
- Inspiration
- Considerate
- Courage
- Self Reliance
- Perseverance

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What YOU can do…

- Avoid perfectionism
- Workaholics BEWARE…
- Self Care
  - What is it?
  - Who me?
- Self Reflection
  - Mindfulness…
  - Journaling
- Ask for what you need, clarify expectations

Self-Care is a priority and necessity - not a luxury - in the work that we do.

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Using the Art of Nursing to impact resilience

- Intentional creative use of oneself based upon skill and expertise

- Transmit emotion and meaning to other staff as well as colleagues

- It is a process that requires investment and dedication to sensitivity, imagination and active participation

- Be a nurse leader who not only thrives in relation to the sciences but is also able to tap into the practice of the Art of Nursing.

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Back to our roots…

- Be present

- Sensitive to oneself and mindful of surroundings to impact the needs of patients and colleagues

- Be intentional
  - Fully connected to oneself to ENJOY the practice of nursing therefore becoming resilient
  - Pause and reflect upon meeting goals, objectives and successes

Nursing had at last developed roots, purpose, direction and leadership!

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What is stopping me from finding joy?

I am being boxed in by.....

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Start with Heart

What do I really want for myself?

What do I really want for others?
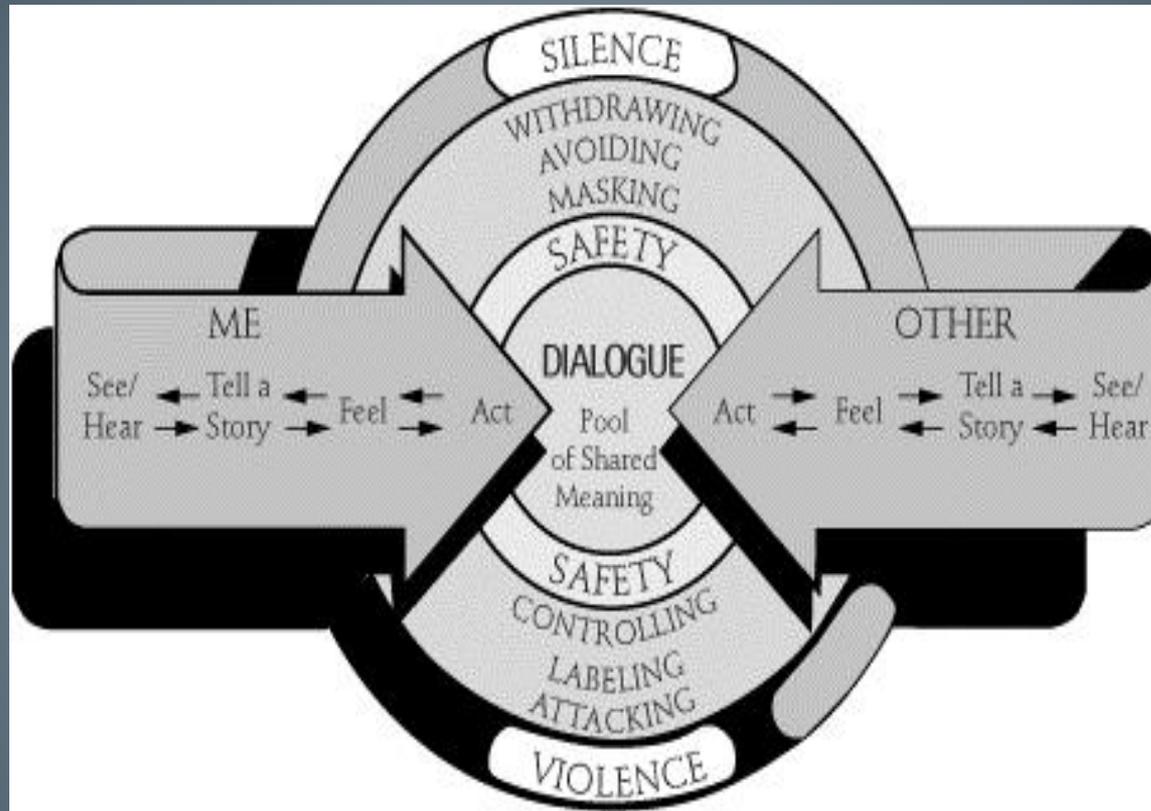
What do I really want for the relationship?

Add one more really important question...

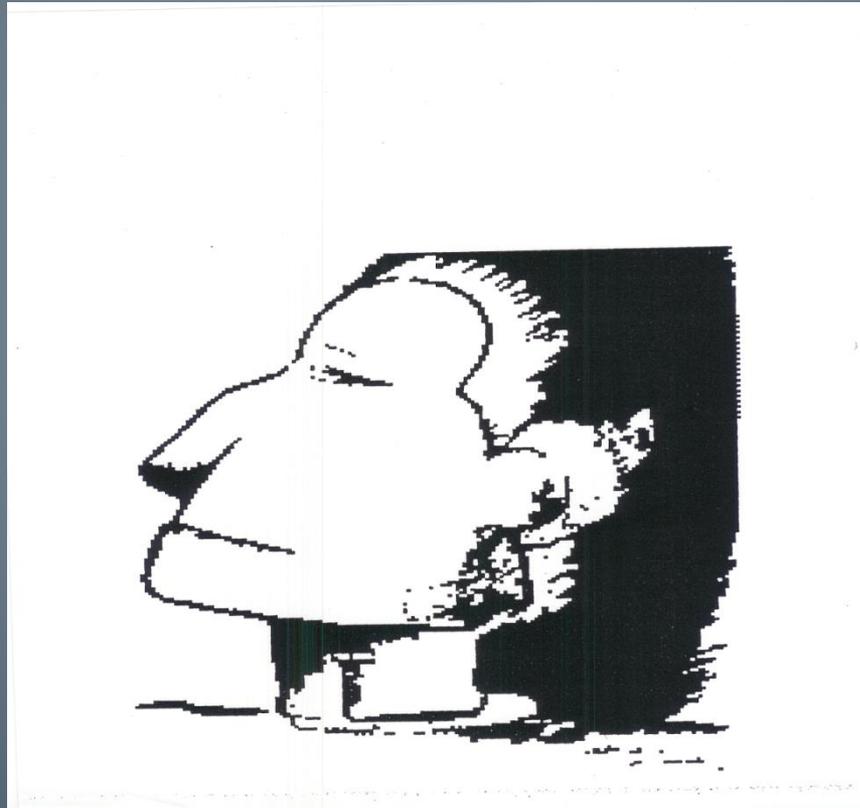**How would I behave if I really wanted these results?**

Assume positive intent…

Remember my *style under stress*

What is your style under stress?
http://www.vitalsmarts.com/styleunderstress/

More than one way to look at Life...

Be Trust

"You can't talk yourself out of a problem that you behaved yourself into…"

"No, but you can <u>behave</u> yourself out of a problem that you behaved yourself into…"
Stephen Covey

Then there is Change…

Danger or opportunity?

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Resilience…emotional intelligence…

Nostalgic Inertia...

Kindness

If you have the choice to be right or be kind…
ALWAYS choose kindness

Kindness is the language the blind can see and the deaf can hear." - Mark Twain

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Get outside of myself…

- Listen to others…don't always try to fix things…

- See and acknowledge invisible people

- Be present in the moment-mindfulness

- Don't judge…

Learn and grow...challenge myself...

Teach and Mentor

Just say NO to Negativity

Lessons from The Energy Bus*

- ✓ I am the driver of my own bus
- ✓ Desire, Vision and Focus move my bus in the right direction
- ✓ Fuel my bus with positive energy
- ✓ Invite [positive] people on the bus and share my vision for the ride
- ✓ Don't waste my energy on those who don't get on my bus
- ✓ No energy vampires allowed on my bus

*adapted

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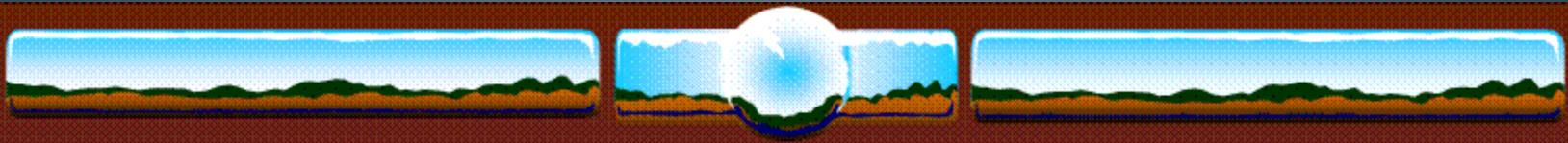
INSTRUCTIONS FOR LIFE

1. Take into account that great love and great achievements involve great risk.

2. When you lose, don't lose the lesson.

3. Follow the three R's:

   ➤ Respect for self,

   ➤ Respect for others and

   ➤ Responsibility for all your actions.

"Love" lessons from St. Mother Teresa

❖If you can't feed one hundred people, feed just one"

❖"Spread Love everywhere you go. Let no one ever come to you without leaving happier.

❖If you judge people, you have no time to love them.

❖"Yesterday is gone, tomorrow is not yet come. We only have today, let us begin.

❖**"Do all things with great Love"**

"One of the greatest diseases is to be nobody to anybody."

Anyway

People are often unreasonable, illogical, and self-centered.
Forgive them anyway.

If you are kind, people may accuse you of selfish ulterior motives.
Be kind anyway.

If you are successful, you will win some false friends and some true enemies.
Succeed anyway.

If you are honest and frank, people may cheat you.
Be honest and frank anyway.

What you spend years building, someone could destroy overnight.
Build anyway.

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Anyway

If you find serenity and happiness, they may be jealous.
Be happy anyway.

The good you do today, people will often forget tomorrow.
Do good anyway.

Give the world the best you have, and it may never be enough.
Give the best you've got anyway

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