

Stress and Burnout – Additional Resources

Denise White, MSN, RN, CCRN, CPHQ, GC-C

Dwhite1@HugginsHospital.org

1) Link to SAMHSA – Phases of disaster chart

<https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>

2) Combat Burnout at the unit or organizational level

a. The Pause – <https://consultqd.clevelandclinic.org/why-the-pause-is-important-for-patients-at-the-end-of-life/>

b. Resiliency rounds - <https://www.advisory.com/research/physician-executive-council/prescription-for-change/2020/05/moral-resilience-rounds>

c. Mentoring program - <https://chronus.com/how-to-start-a-mentoring-program>

d. Peer support program - <https://www.sciencedirect.com/science/article/abs/pii/S1072751519322185> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6132481/>

e. Code lavender - <https://my.clevelandclinic.org/-/scassets/files/org/locations/hillcrest-hospital/spiritual-services/code-lavender.ashx?la=en>

f. AACN – Healthy Work Environment assessment tool - <https://www.aacn.org/nursing-excellence/healthy-work-environments>

- g. Zen Dens - <https://www.mcmorrowreports.com/sara-marberry-every-nurse-deserves-a-zen-den-or-tranquility-room/>
- h. Psychological first aid – course link - <https://www.coursera.org/learn/psychological-first-aid>
- i. Psychological first aid info - <https://www.psychologytoday.com/us/blog/when-disaster-strikes-inside-disaster-psychology/201810/psychological-first-aid>

3) Ask staff. What they say they need

<https://jamanetwork.com/journals/jama/fullarticle/2764380>

4) In the moment self-care ideas – 5 mins or less

- a. 4x4 or square “box” breathing - <https://medicalnewstoday.com/articles/321805>
- b. Aromatherapy inhalers
- c. Set boundaries
- d. Hot tea
- e. Photos
- f. Sing
- g. Listen to music
- h. Smile
- i. Laugh
- j. Gratitude
- k. Journal
- l. Watch video
- m. Stretch
- n. Close eyes and breath deep
- o. Wash your face
- p. Positive affirmations
- q. Doodle or color
- r. Brain dump

- s. Eat a piece of chocolate
- t. Turn off
- u. Snuggle your pet
- v. Give yourself a scalp or hand massage
- w. Read
- x. Focus on one sense
- y. STOPP
- z. Meditate
- aa. Call a friend
- bb. Do a random act of kindness
- cc. Look at the clouds
- dd. Guided imagery
- ee. Find an inspiring quote
- ff. Listen to the rain
- gg. Pray
- hh. Donate to charity
- ii. Write a poem
- jj. Draw
- kk. Use a stress ball
- ll. Play with legos
- mm. Learn something new
- nn. Allow yourself to express your feelings (crying in a closet)
- oo. Day dream
- pp. Light a candle
- qq. Garden
- rr. Ask for help
- ss. Create a goal board
- tt. Write a letter or postcard
- uu. Use a body scan technique
- vv. Rest when sick
- ww. Recognize own strengths and achievements
- xx. Find reasons to laugh
- yy. Call or write friends who are far away
- zz. Google – self care ideas, and find one that fits you!!