

Nursing Webinar “Nurses-Reimagine our Wellbeing”

As part of International Year of the Nurse and Midwife 2020, we continue to celebrate nursing in Aotearoa New Zealand by hosting another live zoom event on 24 September 2020 from 11.00am-1.00pm.

Our theme for this webinar is *Nurses: Reimagine our Wellbeing*.

This event coincides with Mental Health Awareness week 21-27 September led by the Mental Health Foundation. The theme this year is *Reimagine Wellbeing Together-He Tirohanga Anamata*. <https://www.mhaw.nz/>

We hope you can join us as this is the perfect time to listen, learn and reflect about the Wellbeing of Nurses. We have several inspiring guest speakers.

In the meantime, we really encourage you to think now about the Wellbeing of Nurses including your own and start preparing for Mental Health Awareness week. On the Mental Health Foundation website, you will see a heading Te Whare Tapa Whā and underneath these tabs: Taha Whānau, Taha Wairua, Whenua, Taha Tinana and Taha Hinengaro. The resources in each encourage us to reimagine wellbeing.

Here are several examples of activities that have been slightly adapted which nurses could consider doing during this time.

Taha Whānau:

Reconnect with nurses or whānau you have not talked to in a while via text or by kanohi ki te kanohi/face to face.

Think of five nurses you are grateful to be connected to and why. Nurses who have inspired you through your career and or nurses who have inspired you over the past several months as we have faced COVID-19. This activity can also be turned into a connection tree and is one way we can see any shared links that we may have to nurses that have inspired us and who we are grateful for.

Taha Wairua:

Reflect on how you nourish your spiritual wellbeing. How you start and end your workday. How you notice and appreciated the beauty around us. Take time to consider your relationship with the environment, people, and your heritage.

Think about a waiata / song that makes you feel good, that lifts your spirit as a nurse. This activity could be turned into a playlist that uplifts and inspires you and other nurses.

During this week you may plan to go for a walk and use that time to really take notice of your surroundings – the birds singing, leaves rustling and clouds moving. It may be a new place where you have not been before. This could be a team activity.

Whenua:

Find a photo of a place that you feel connected to that gives you the strength to be a nurse and perhaps one that has got you through the past several months as we have

faced COVID-19. You can put this up on your wall at work or use as screen saver. This activity can be done with your team and result in a team photo collage perhaps.

If you are not from where you live, discover the name of the local iwi/tribe, hapū/sub-tribe, maunga/mountain, awa/river, and moana/sea. Encourage nurses who you are working with to share where they are from and may their favourite local place.

Taha Tinana:

During Mental Health Awareness week set yourself a challenge to do a new fun physical activity. Big or small. At home or in the workplace. You set your own pace and feel free to encourage others to join in. Dancing, yoga, walking, swimming, cycling. Create a new experience. You may also choose to do a relaxing activity like mindfulness.

Consider having a shared meal during this week at work or with whānau and family to nourish your body and connect with others. Throw in that fun activity to this event perhaps.

Taha Hinengaro:

Life is full of ups and downs at work and at home and the past several months have been challenging for many nurses. Take time out to pause and reflect on how you as a nurse, nurture your mental health and emotional wellbeing. Seek to understand how you stimulate and refresh your mind so you can better cope with the ups and downs of life.

The activity of practicing gratitude can be done by writing down three things you are grateful for. Before you start work or when you end work consider reflect on just one thing you are grateful for.

As nurses we have faced many challenges over the past several months and we may have discovered new strengths or developed new skills. So, take time to think about these. This activity could be done with a team of nurses or with a colleague.

We may also find that during our workday that our energy levels vary so take time to map your daily energy levels – when do you feel most energy? Morning or afternoon? A simple score of 1-3 (High). This can be done on a weekly basis or monthly and is one way of seeing how our energy levels as well as our moods may vary. When we understand more about our own patterns, we can then tailor our self-care activities to support our wellbeing.

Other activities include trying something new or rediscovering an old interest.