

Nurse's Notes Vol. 4

by Marie Angell Habershaw BSN, RN



It is very important to have at least a basic working knowledge of first aid. It helps us have confidence in helping our loved ones stay physically healthy. However, we are five weeks into the COVID-19 pandemic. Emotional and mental first aid skills are as necessary as the physical first aid skills in this new way of living. All of us have felt stressed, anxious, and overwhelmed at some point over the last five weeks. Recognizing how you are feeling on a day to day basis can help determine what steps are needed to maintain a sense of control. Just like when we first start an exercise course, we need time to establish a mental health routine and become more flexible. Here is some information that might help.

News Management

It is important to use reliable sources, like the CDC and World Health Organization (WHO). I check these two sites daily because they are unbiased. Set limits on how much news you listen to and set up routines for how often you read and listen to the news. ALWAYS verify what you hear with reputable sources before sharing on social media or with others.

Follow a routine that works for you - take some time to figure out how you and your family best functions during this time.

Building Resilience

Resilience is defined as the ability to deal with life-changing situations. By its nature, resilience can also lead to lasting personal and emotional growth. Think about ways you have adapted your life so far, and feel pride in that!

Resilience is not something we are born with - it takes a conscious effort to develop. There are four

components - connection, wellness, healthy thinking and a purpose. These components lead to increasing our resilience. Here's how you can get started in building up your resilience:

- Build connections - choose positive, empathetic people to support you.
- Take care of your personal and physical health. We hear a lot about self-care right now. Remember, that anxiety and stress are linked to our physical state as well as our emotional well being.
- Have a purpose to your day - even something simple like calling a friend to give support can empower your own sense of resilience.
- Keep things in perspective, and learn from past experience. What difficult situations have you dealt with, and how? Reflecting on this can reinforce your ability to grow.

Silver Linings

Here is a poem that I think sums up the message of this week's Nurse's Notes.

"And people stayed at home, and read books. And listened

And they rested, and did exercises and made art and played

And learned new ways of being and stopped and listened more deeply

Someone meditated, someone prayed, someone met their shadow

And people began to think differently, and people healed

And in the absence of people who lived in ignorant ways, dangerous, meaningless and heartless, the earth also began to heal

And when the danger ended and people found themselves they grieved for the dead

And made new choices, and dreamed of new visions and created new ways of living

And completely healed the earth,

Just as they were healed."

By Kitty O'Meara

If I can be of any assistance, please feel free to email me at mhabershaw@iccatholicsschool.org