

# Coming Up for Air: Care for the Caregiver

## Promoting Healthy Nurses

**Presentation Summary:** The nursing profession is one of the most recognized groups of professionals noted for their devoted public service. The service of caring, however, is not without its drawbacks. Burnout is a common problem and nurses are no strangers to the stress of burnout. This presentation highlights the nature of stress, the quadrants of holistic wellness, signs of mismanaged anger, the relationship between stress and physical health, and several ageless coping skills and relaxation techniques proven to help restore one's personal energy levels. Leave inspired, rested and rejuvenated.

**Learning Objectives: At the end of this workshop participants will be able to:**

1. Define stress as a precursor to professional burnout
2. Identify the four components of holistic wellness
3. List the four styles of mismanaged anger
4. Demonstrate two effective coping/relaxation techniques for personal homeostasis

### Workshop Itinerary

8:00-8:30 a.m.	Registration
8:30-9:30 a.m.	Stressed is Desserts Spelled Backward
9:30-10:30 a.m.	The Healing Power of Humor
10:30-10:45 a.m.	Break
10:45-11:45 a.m.	Care for the Caregiver: Relaxation 101
11:45-1:00 p.m.	Lunch
1:00-1:30 p.m.	A Cure for Compassion Fatigue
1:30-2:00 p.m.	Mandala of the Human Spirit
2:00-3:00 p.m.	The Art of Calm: Relaxation Through the Five Senses
3:00-3:15 p.m.	Break
3:15-4:00 p.m.	A Good Night's Sleep: Stress and Insomnia
4:00-4:30 p.m.	Care for the Caregiver: Relaxation 201
4:30-4:43p.m.	Closing comments and farewell