



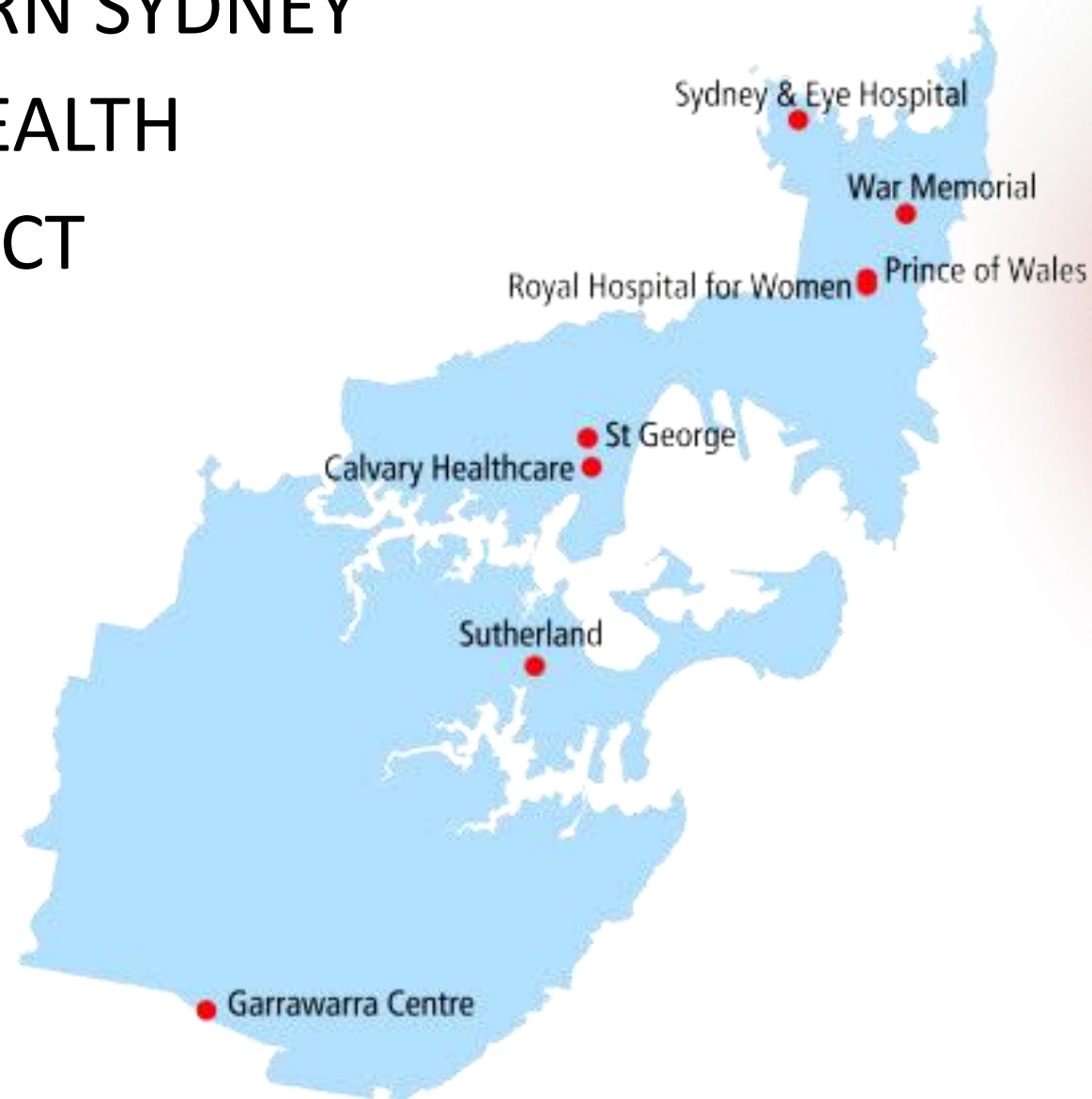
Cultivating a Resilient Health Care Workforce

for the delivery of care that is compassionate, safe & person
centred

Suzanne Murray & Sally Peters



SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT



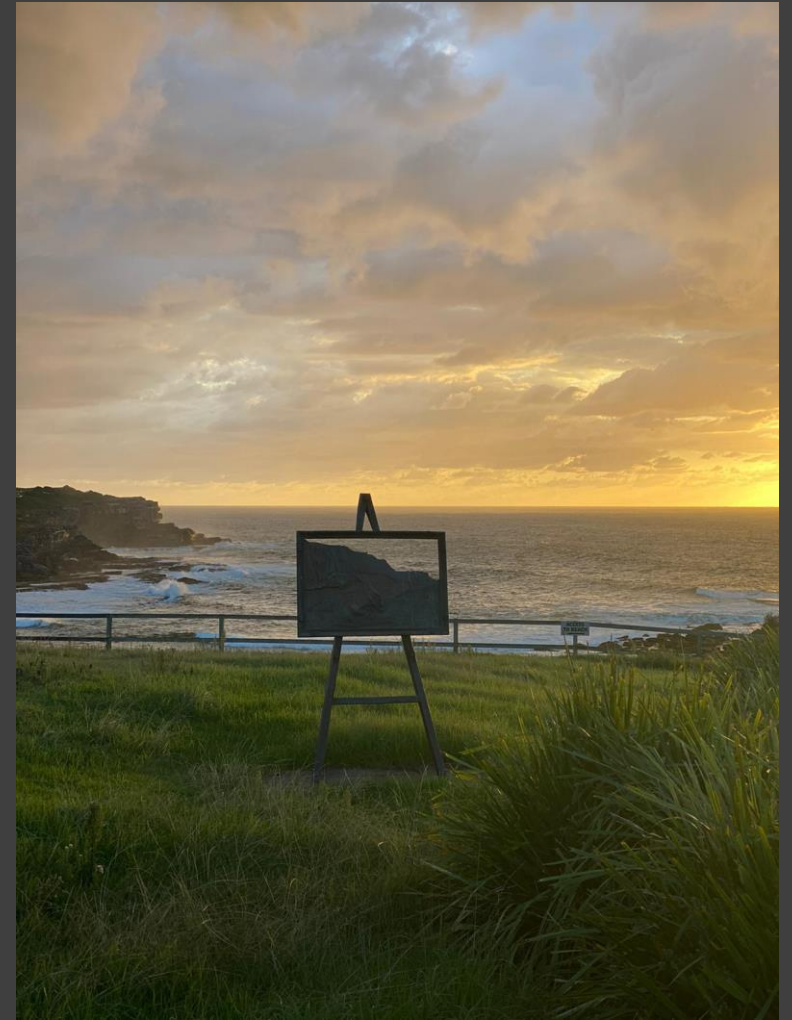
Health
South Eastern Sydney
Local Health District



NMPWU

SESLHD
Nursing & Midwifery Practice &
Workforce Unit

#hello my name is...



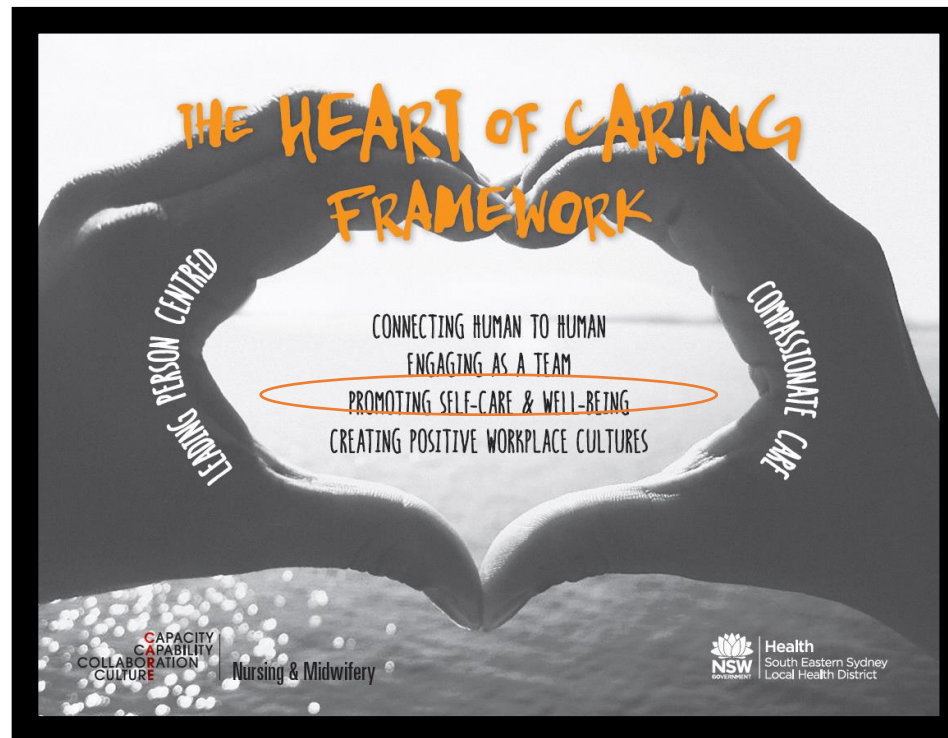
Share one thing you have done for your own
self-care & wellbeing this week

Why cultivate resilience?

‘The ability to adapt to adverse conditions while maintaining a sense of purpose, balance & positive mental and physical wellbeing’

‘Resilience is not a trait that people either have or do not have. It involves behaviours, thoughts and actions that can be developed’

(Sergeant & Laws-Chapman 2012)





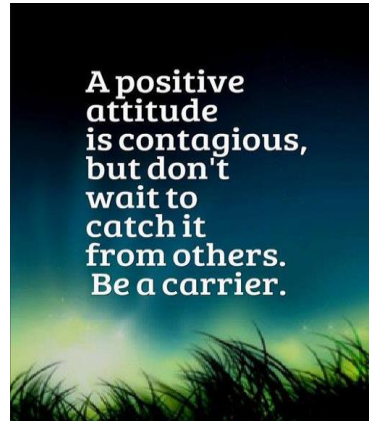


RN/RM 45 Series

45 minute virtual education series has been developed to support the professional development for year 4/5 Registered Nurses and Midwives. Topics included

'Cultivating Resilience and Wellbeing'.

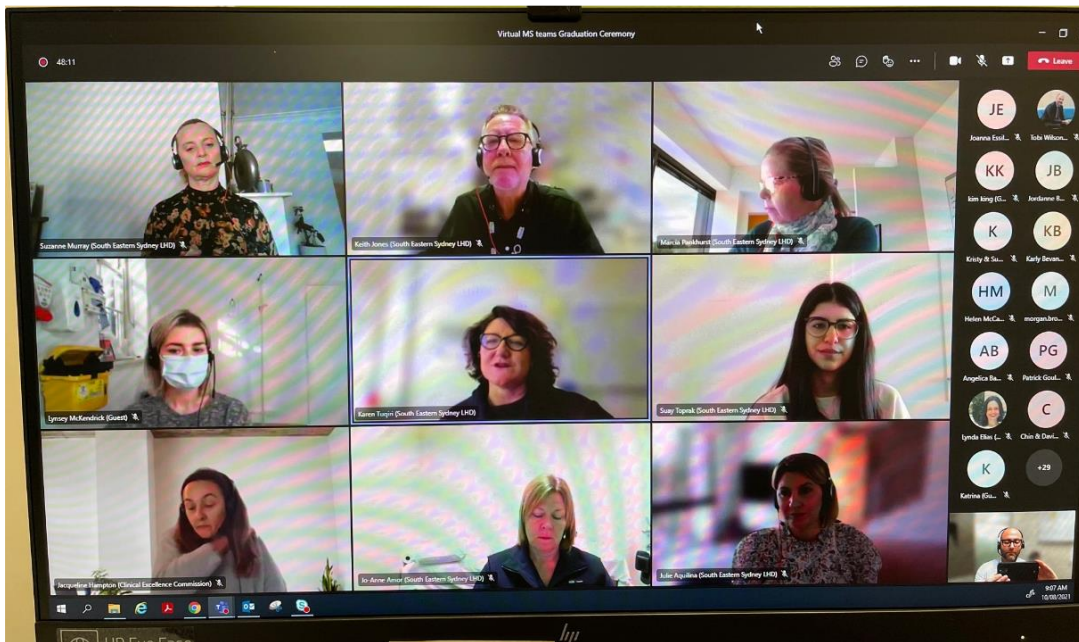
- **Over 60 participants** attended each session!
- Understanding of wellbeing self & how they can build resilience
- Understanding of the positive psychology & neuroscience evidence/links of wellbeing
- Knowledge & awareness of how they can build resilience individually & as a team



SGH Nursing Grand Rounds 'Wellbeing & Building Resilience'

A virtual shared learning space & opportunity to **STOP, PAUSE & FOCUS** on 'self & wellbeing & increase awareness of how we can build resilience'.

Evaluation quotes: 'How to improve well being for self and team. End of shift checklist-love this'

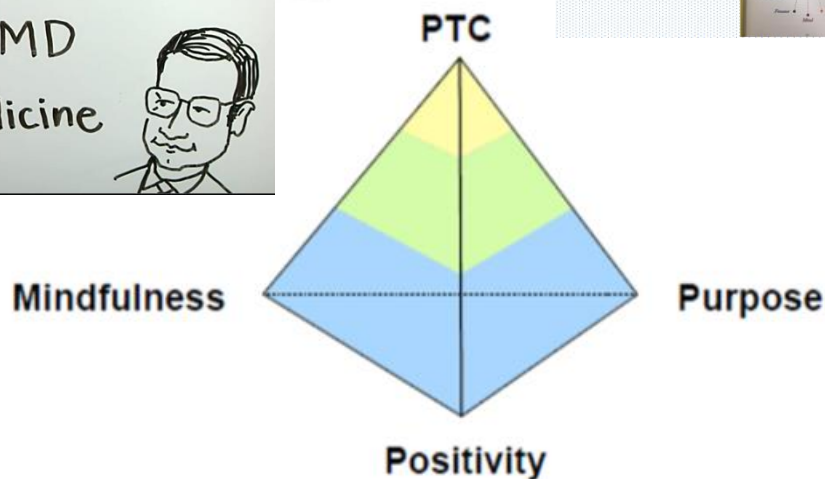




Dr Adam Fraser

Resilient Living:
Increase Your Inner Strength

by Amit Sood MD
Professor of Medicine



Cavanagh, M, Atkins, P, Spence, GB, & Grant, A 2010



STRENGTHS.....

People who use their strengths are....

- Happier
- More confident
- Higher levels of self esteem
- Higher levels of energy & vitality
- Experience less stress
- More resilient
- More likely to achieve their goals
- Perform better at work
- More effective with individual growth & self development

Organisational benefits of using strengths.....

- Tap into unused talent
- Attract & retain more people
- Improve individual performance
- Build employee Engagement
- Develop flexibility
- Improve teamwork
- Increase diversity & positive inclusion
- Increase openness to change & ability to deal with change
- Contribute to the happiness & fulfilment of employees



Langley Group- Neuroscience of Being
Your Best Self



Rebuild the Foundation for a Resilient Workforce

Best practices to repair the cracks in
the care environment

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BEST FOR
CNOs, nurse directors,
nurse managers

READING TIME
90 min.

INTELLIGENCE · INDEPENDENT · VERSATILE · LOGICAL · OBSERVANT
RESPECTFUL · TOLERANT · AMBITIOUS · PATIENT · DISCIPLINED
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TEAMWORK · MODESTY · FAIRNESS · KINDNESS · PERSISTENCE
VITALITY · LOVE OF LEARNING · TRUSTWORTHY · LOVE · APPRECIATIVE
ENCOURAGING · BRAVERY · PERSPECTIVE · INTEGRITY · SYMPATHY
HONESTY · TACTFUL · EMPATHY · SOCIAL INTELLIGENCE · MOTIVATED
OPEN-MINDEDNESS · CURIOSITY · CREATIVITY · FLEXIBLE



VIRTUAL ACCESS TO

Nursewell Being



Gives you access to:

- Mindful meditations
- Better sleep tips
- Pilates and back health exercises
- Gratitude practice journal
- Nursewell Being Facebook Group connects you to a group of likeminded health professionals with a passion for cultivating wellness at work

**'Be kinder to yourself & let
your kindness flood the world' -**
Pema Chodron, American Tibetan Buddhist



Health
South Eastern Sydney
Local Health District

For more information contact: SESLHD-NursingandMidwifery@health.nsw.gov.au

Promoting Self-Care & Wellbeing Across SESLHD



Self Care & Wellness

[More information](#)





FLOURISH

Explore the science of human flourishing

Body

Environment



Brain

Relationships



What next.....

- Nursewell App version 2
- District Wellbeing Strategy
- Mary Freer Compassion Labs
- SESLHD Thrive offering





HAPPINESS CHEMICALS

(AND HOW TO HACK THEM)



DOPAMINE

THE REWARD
CHEMICAL

Complete a task

Do self care
activities

Eat some food

Celebrate the
little wins!



OXYTOCIN

THE LOVE
HORMONE

Play with a pet

Hold hands

Hug your family

Give a
compliment



SEROTONIN

THE MOOD
STABILISER

Meditate

Go for a run

Sun exposure

Walk in nature

Swimming



ENDORPHIN

THE PAIN
KILLER

Laughter exercise

Essential oils

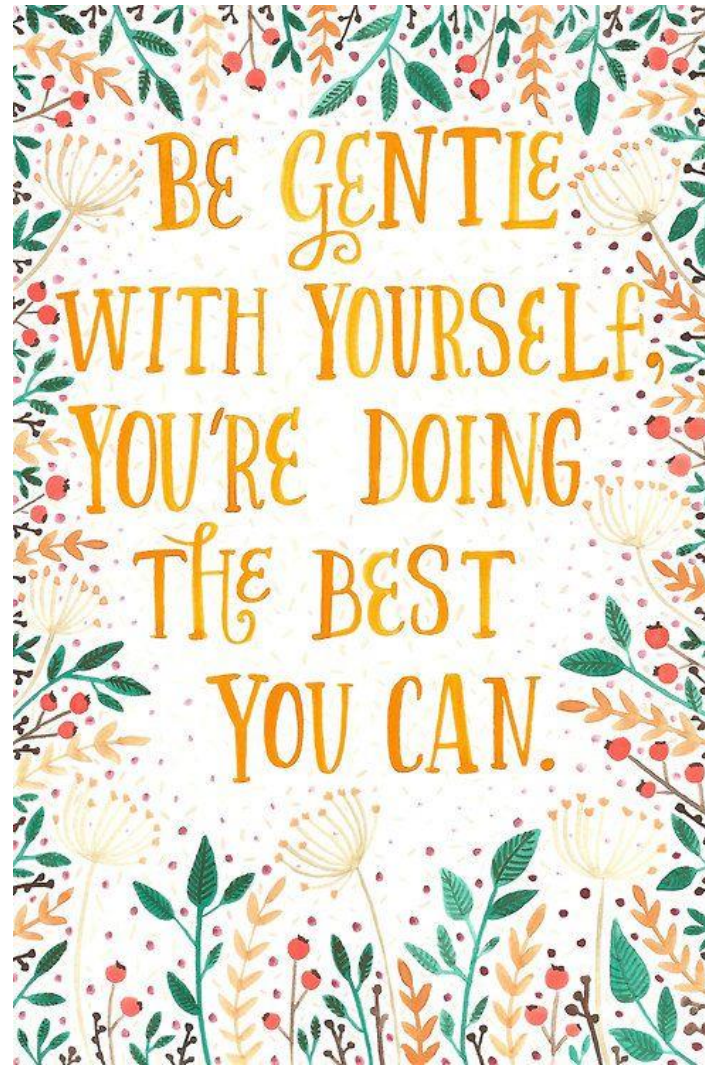
Watch a comedy

Dark chocolate

Exercise



Thank you



KINDNESS IS FREE
SPRINKLE
THAT STUFF
EVERYWHERE