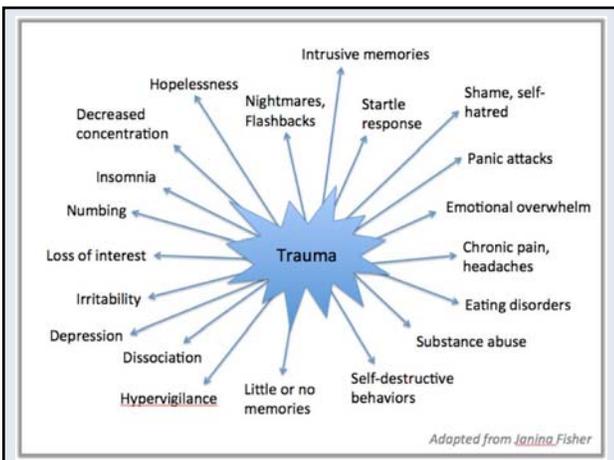


Self Care

After Difficult Transports

Leandra McHargue RN, BSN
LLUCH, NICU Butterfly Program Coordinator





"The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk on water without getting wet."



(Medscape; Boyle 2011, Remen; 1996)





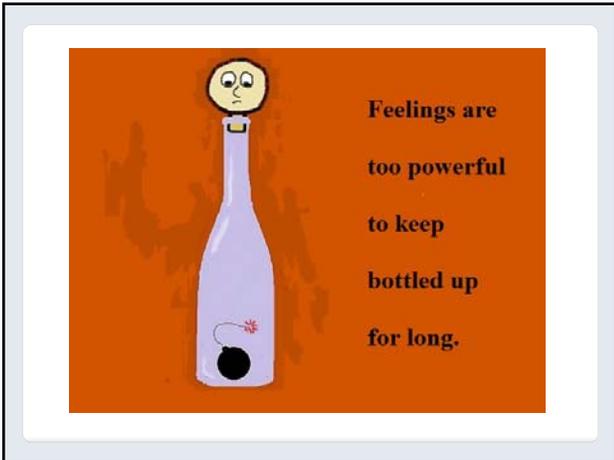




- Talk it out!
- Pay attention to “uncomfortable” feelings
- Remember the basics of good sleep, diet and exercise
- Create an Emotional Hygiene Plan

Emotional Health





Savoring Positive Emotion

Whether it's savoring that last bite of dessert or enjoying the enjoyment of an activity with friends or family, prolonging positive emotion and having a positive outlook have been shown to improve psychological well-being.

Rebounding from Negative Emotion

Resilience, or how quickly a person recovers from adversity, can result in a person experiencing less negative emotion overall. People with a greater purpose in life show increased resilience and greater well-being.

4 Neuroscientific Parts of Well-being

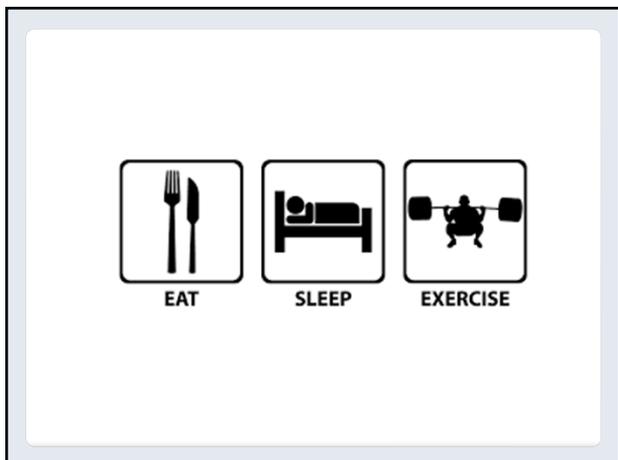
Evidence suggests mental training in these areas can improve well-being

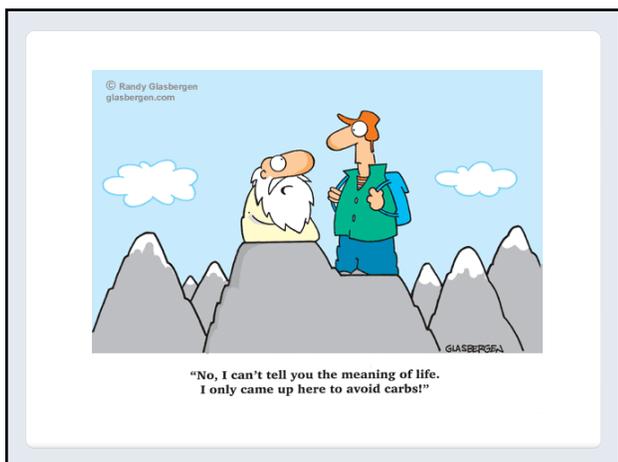
When people are really focused on what they're doing and their minds are not wandering, they actually feel better about themselves. Mindfulness - being in the present moment - can lessen our tendency to want and desire things we don't have.

Mindfulness and Mind-Wandering

Engaging in acts of generosity is an effective strategy to increase well-being. Compassion training primes our empathy response and engages in pro-social behavior.

Caring for Others









“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”



Emotional hygiene...
DO YOU STINK?

What's your Emotional Hygiene Plan going to be?



You can not pour from an empty cup...
Fill yourself up, you're worth it!

<https://youtu.be/Y7dftuLl9kk>

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