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### Self- Care Goals:

To maintain our own wellness while providing a healing and caring environment for our clients and co-workers.<sup>2</sup>

To improve our clinical skills and raise the standard of care for our clients, achieving Clinical Nursing Practice Addiction Certifications.

To maintain our mental and emotional balance in a *time- pressured environment*.

To increase mindfulness by spending time during the day in silence, meditation, reflection, and/or prayer (Mindfulness and Psychotherapy, 2005).

To make the effort to learn and practice self-relaxation exercises that rest the mind.<sup>1</sup>



### *A Healing and Caring Environment at the Health and Recovery Center*

- Providing a safe and supervised detoxification process for our clients by a skilled team of professionals
- Regular staff meetings to enhance team members relationships and improve communication
- RN's raising the standards of patient care with Clinical Nursing Practice Addiction Certifications
- UPC meetings for staff empowerment and increased job satisfaction
- Client education in Addiction and Recovery Groups facilitated by professional multi-disciplinary teams
- Maintenance of a structured and consistent milieu to promote a client's recovery
- Staff education/development in substance abuse, maternal addiction, and dual diagnosis
- Addiction education and Al-Anon information provided for the client's family
- A Calm Room to reduce staff fatigue

#### References:

<sup>1</sup>Sri Ashok (2008). The Hidden Light of Darkness. Light Source Publishing, [www.Sriashok.com](http://www.Sriashok.com)

<sup>2</sup> Foley, M., (September 30, 2004). "Caring for Those Who Care: A Tribute to Nurses and Their Safety". *Online Journal of Issues in Nursing*. Vol. 9 No. 3, Manuscript

### The Potential Adverse Effects of a Time- Pressured Environment In the Literature

#### Workplace Violence

In 1999 Bureau Labor Statistics estimate 2,637 nonfatal assaults on hospital workers-a rate of 8.3 assaults per 10,000 workers. This rate is much higher than that the rate of nonfatal assaults for all private-sector industries, which is 2 per 10,000 workers

#### Substance Abuse, Depression, & Suicide

- The ANA reports that approximately 10% of nurses are drug dependent making the incidence of drug abuse and addiction among nurses consistent with the U.S. population (RN Magazine, April 2009).
- The National Institute of Mental Health has reported that in the United States alone: "Depression affects 17 million Americans a year." (*Washington Post*, October 7, 1997, Health section).
- It is also reported by the Centers for disease Control and Prevention (CDC 2008) that : "Suicide is the eleventh common cause of death in the United States."
- The World Health Organization (WHO) estimates that one million deaths from suicide are reported globally yearly.

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