

SQUASH THAT STRESS: LIFESAVING TECHNIQUES & ALTERNATIVE HEALING MODALITIES FOR NURSES

Purpose Statement:

Nurses experience stress everyday provoked by ever increasing workloads, healthcare industry instability, family responsibilities, conflicts, life events, financial strain, and health problems. While a certain amount of life stress may be beneficial, intense stress is unhealthy. The first reaction to stress is anxiety. Continuing stress has a detrimental effect on physical and mental health and cognitive functioning. Prolonged stress generates internal inflammation, reduces immune function, and results in a range of chronic health problems such as depression, fatigue, insomnia, headache, overeating, hypertension, cardiovascular disease, and even cancer. While nurses understand that the best way to manage stress and anxiety is through self-care, they frequently complain that they don't have time to think about themselves. Join us in an interactive meditative movement exercise and dance program medically proven to reduce stress that can be done anytime, anywhere, even on the job. Learn basic Yoga and Medical Qigong moves that will improve your concentration, body posture, mind-body connection and bolster your relaxation. Through energy work, meditation, breathing regulation, dance, and body posture exercises, you can improve your overall physical fitness and stamina while simultaneously reducing your stress levels.

Learning Outcome(s):

Participants will be able to create a self-care plan incorporating mind-body exercises and/or healing modalities in to everyday life to reduce stress and enhance well-being.

Objectives:

1. Differentiate how mind-body exercise differs from conventional exercise.
2. Analyze research-supported outcomes and benefits of mind-body exercise.
3. Explore alternative healing modalities that reduce stress and promote well-being.
4. Evaluate the role of mind-body exercise and alternative healing modalities in chronic disease management.
5. Discuss how mind-body exercises can be utilized during your workday.
6. Demonstrate skill proficiency in administering various alternative healing modalities.
7. Develop a plan to incorporate mind-body exercise and alternative healing modalities into your everyday life.

April 15, 2024
9:00 am – 4:00 pm

NYSNA Westchester Office
660 White Plains Rd, Suite 330
Tarrytown, New York 10591

Presenters:

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This program is sponsored by NYSNA. Those not represented by NYSNA may not attend without prior approval.

The New York State Nurses Association reserves the right to cancel this workshop due to low registration or other circumstances beyond its control.

NYSNA wishes to disclose that no commercial support or sponsorship was received. NYSNA Program Planners, Presenters, and Content Experts declare that they have no financial relationship with an ineligible company.

Declaration of Vested Interest: None

The New York State Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program has been awarded 6.0 CHs through the New York State Nurses Association Accredited Provider Unit.

The New York State Nurses Association is accredited by the International Accreditors for Continuing Education and Training (IACET) and offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. IACET is recognized internationally as a standard development organization and accrediting body that promotes quality of continuing education and training.

The New York State Nurses Association is authorized by IACET to offer 0.6 CEUs for this program.



To Register:

You can find this course by logging in to NYSNA's e-LeaRN system and searching in the catalog for "Squash That Stress"

You can set up your account and search the catalog at <https://learning.nysna.org/topclass/>

You can get instructions for setting up your account at www.nysna.org/elearn-instructions



IMPORTANT: In order to receive CHs/CEUs, all participants are required to attend the entire workshop, complete all in-session program assignments, complete an evaluation form, complete and return a post-program SurveyMonkey® questionnaire and/or complete and return a post-program checklist, where applicable. **You will need a personal computer and internet access to attend.**

****NYSNA reserves the right to cancel this program if a sufficient number of participants are not registered, in which case if a fee was paid, the entire amount will be refunded.****

Make sure to check your email for confirmation of registration and the further steps you need to take to be prepared for the program and how to retrieve the handout materials before the start of the program.