



LET'S GET BACK TO "BETTER THAN" NORMAL

TERRI BRINSTON RN, MA, CLNC

Vocational Teacher, RN, life Coach, Author, and CEO
"I help people glance back so they can move forward"





About the Author

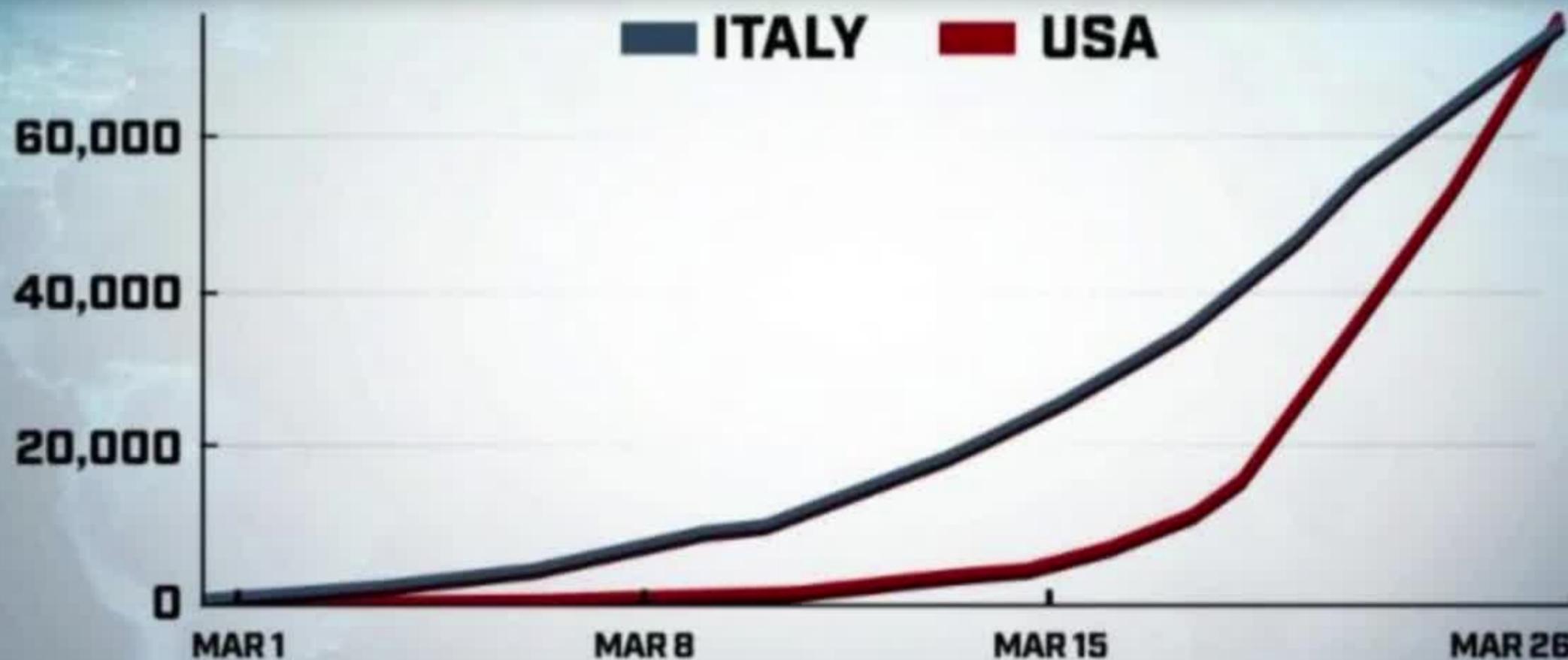
My name is Terri Brinston. I was raised in the Detroit Metropolitan Area and attended public school in Dearborn Heights, Michigan. I am a Christian. I cherish my family and friends. I have been happily married for over 30 years and blessed with two handsome boys. I hold a Master of Arts degree in Education Administration & Community Leadership from Central Michigan University and a Bachelor of Science in Nursing from Madonna University. I am a Registered Nurse and also hold a Legal Nurse Consultant certification. In addition to working as a pediatric nurse, I have more than two decades of experience teaching and consulting with schools, parents, and students. I'm the CEO of the Nurturing Wellness Group Foundation and My School Nurse. In addition, I am actively involved in art and church ministries in my leisure time.

I love serving others.

Getting infected by COVID-19 was the hardest thing I had ever been through. However, becoming infected with COVID-19 helped redefine my purpose and solidified my commitment to my Christian faith. It is my prayer that my story does the same for you.

COVID 19

TOTAL CORONAVIRUS CASES



SOURCE: WORLD HEALTH ORGANIZATION & NBC NEWS MEDICAL UNIT | AS OF MARCH 26, 2020 AS OF 2PM ET

**LET'S GET BACK TO
NORMAL**



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*NURSING THEORIST,
JEAN WATSON, RN, PHD, FAAN,
ONCE SAID,*

**“CARING IS THE ESSENCE
OF NURSING.”**



OBJECTIVE

1.

CARE FOR YOUR SELF

Schedule your priorities

2.

CARE FOR EACH OTHER

Always be kinder than necessary

3.

CARE FOR YOUR PATIENTS

What a privilege

1.

CARE FOR YOUR SELF

Schedule your priorities

“The key is not to prioritize what’s on your schedule but to schedule your priorities.”

Stephen R. Covey



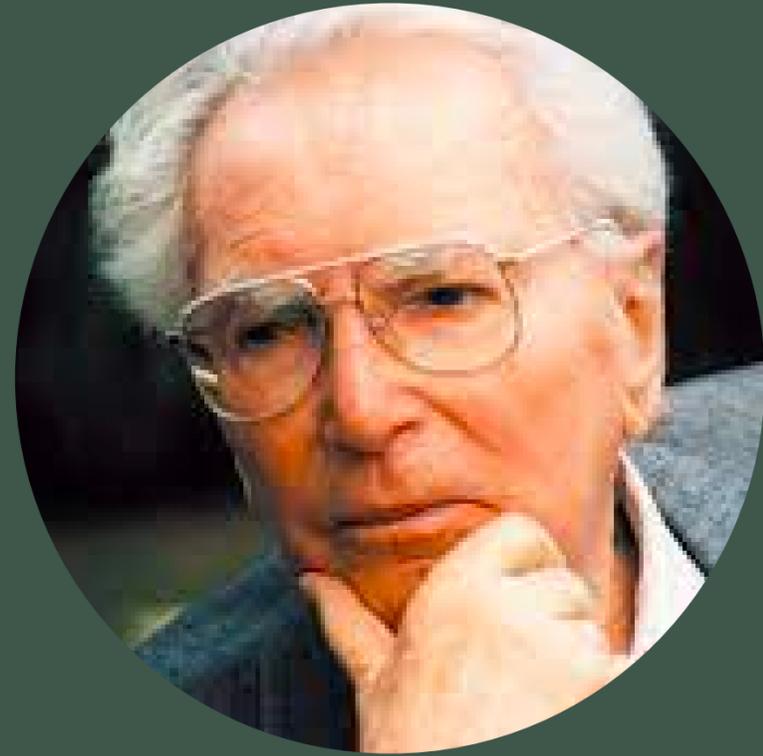
CARE SELF

Self Care means doing things to take care of your mind, body, and soul by engaging in activities that promote well-being and reduce stress.

The practice of self-care also reminds yourself and others that your needs are a **PRIORITY**.

WHAT ARE YOUR PRIORITIES?

Priorities empower us with the knowledge of what we need to live life more meaningfully.



Psychiatrist and Holocaust survivor
Viktor Frankl

Argued that “what matters is not the meaning in life in general, but rather the specific meaning of a person’s life at **a given moment.**”

The search for meaning is the primary motivation in human beings. It is an essential part of our existence.



Pninit Russo-Netzer, Ph. D., is a researcher and lecturer in academic and non-academic institutions.

Research indicates that people who prioritize meaning through their actions tend to have a greater sense of meaning in life.



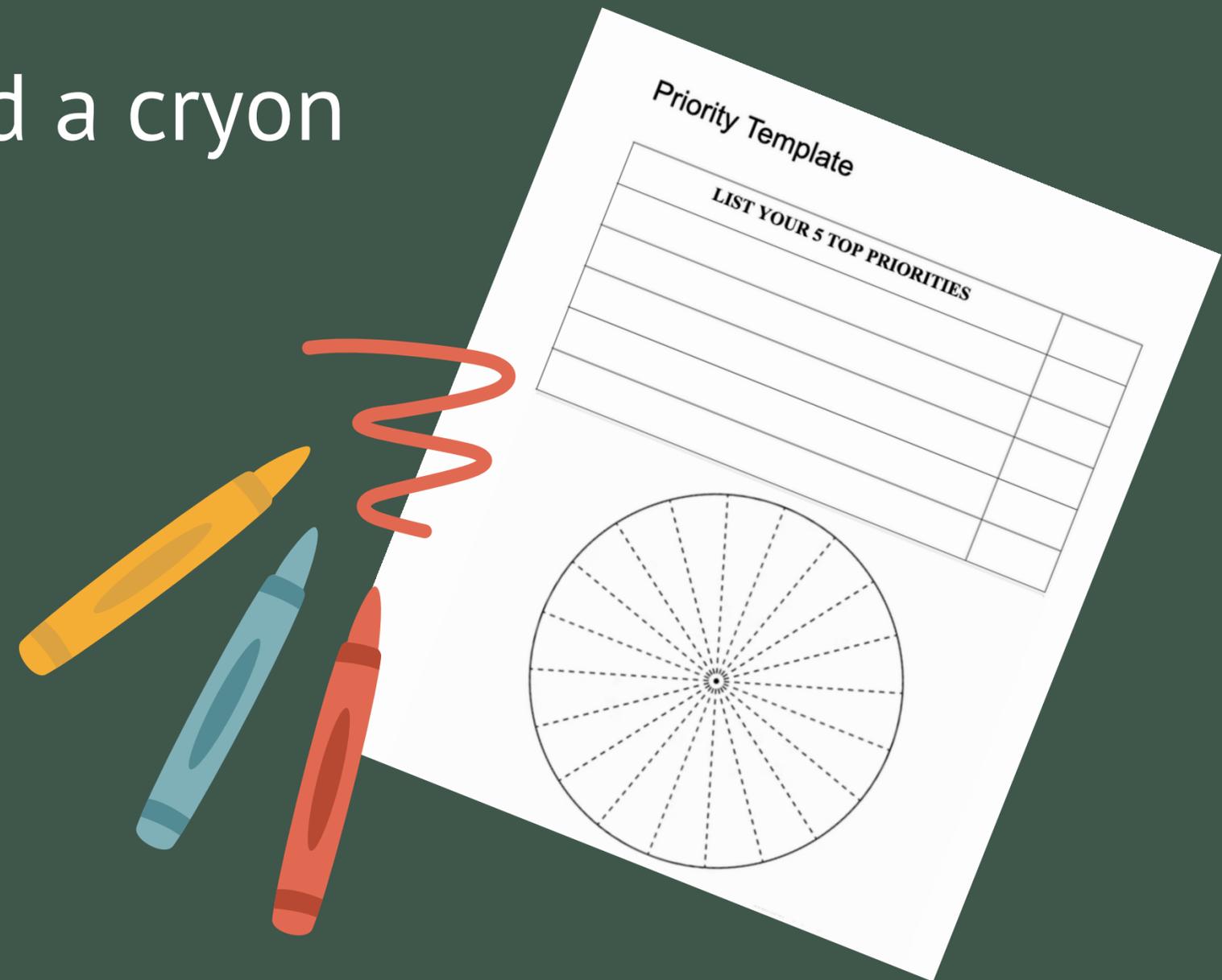
Ephesians 5:16,
Making the most of the time, because the
days are evil.

Matthew 6:33

But seek first the kingdom of God and his
righteousness, and all these things will be
added to you.

INSTRUCTIONS

Get the circle template sheet and a crayon



INSTRUCTIONS

List your top 5 priorities

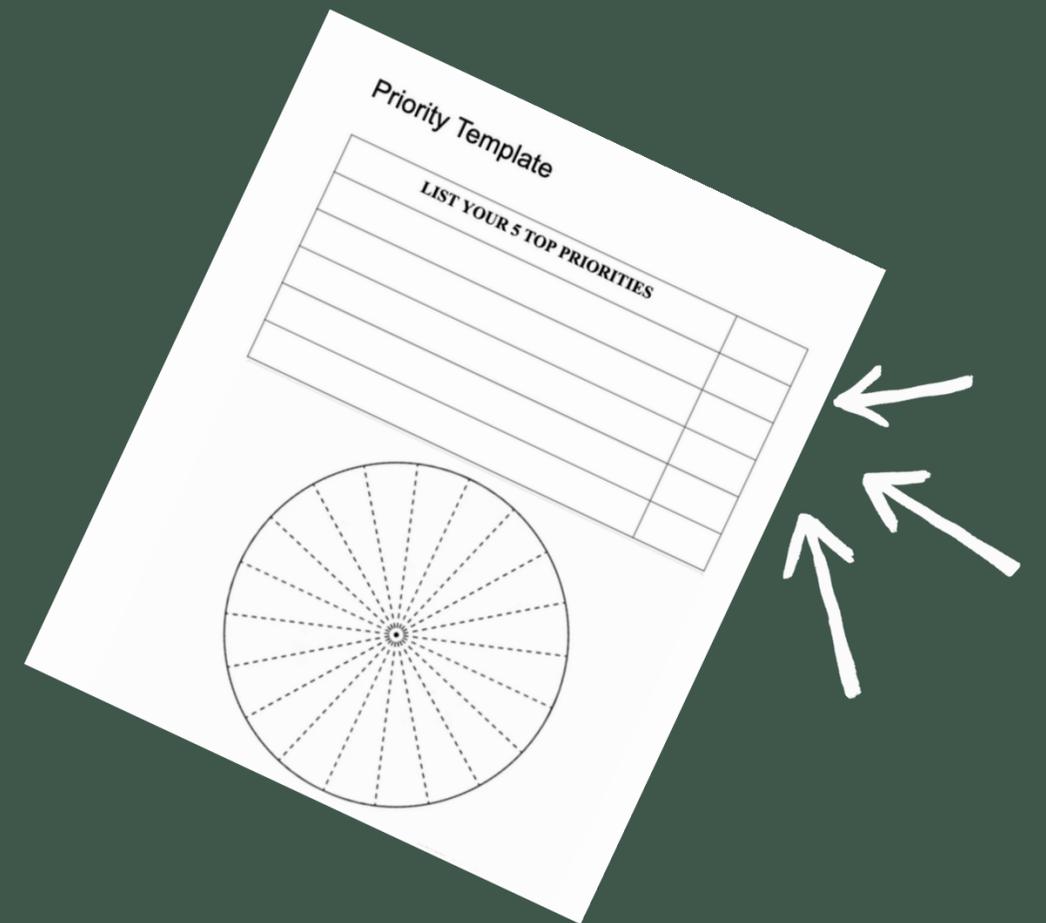
"No particular order"



INSTRUCTIONS

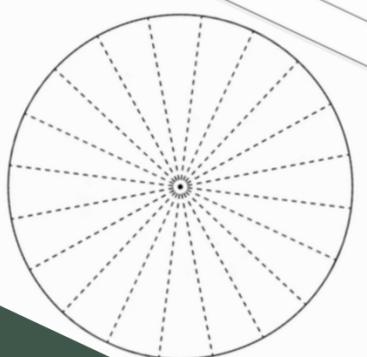
Number your list of priorities based on your **PERCEIVED** priority

1-5



Priority Template

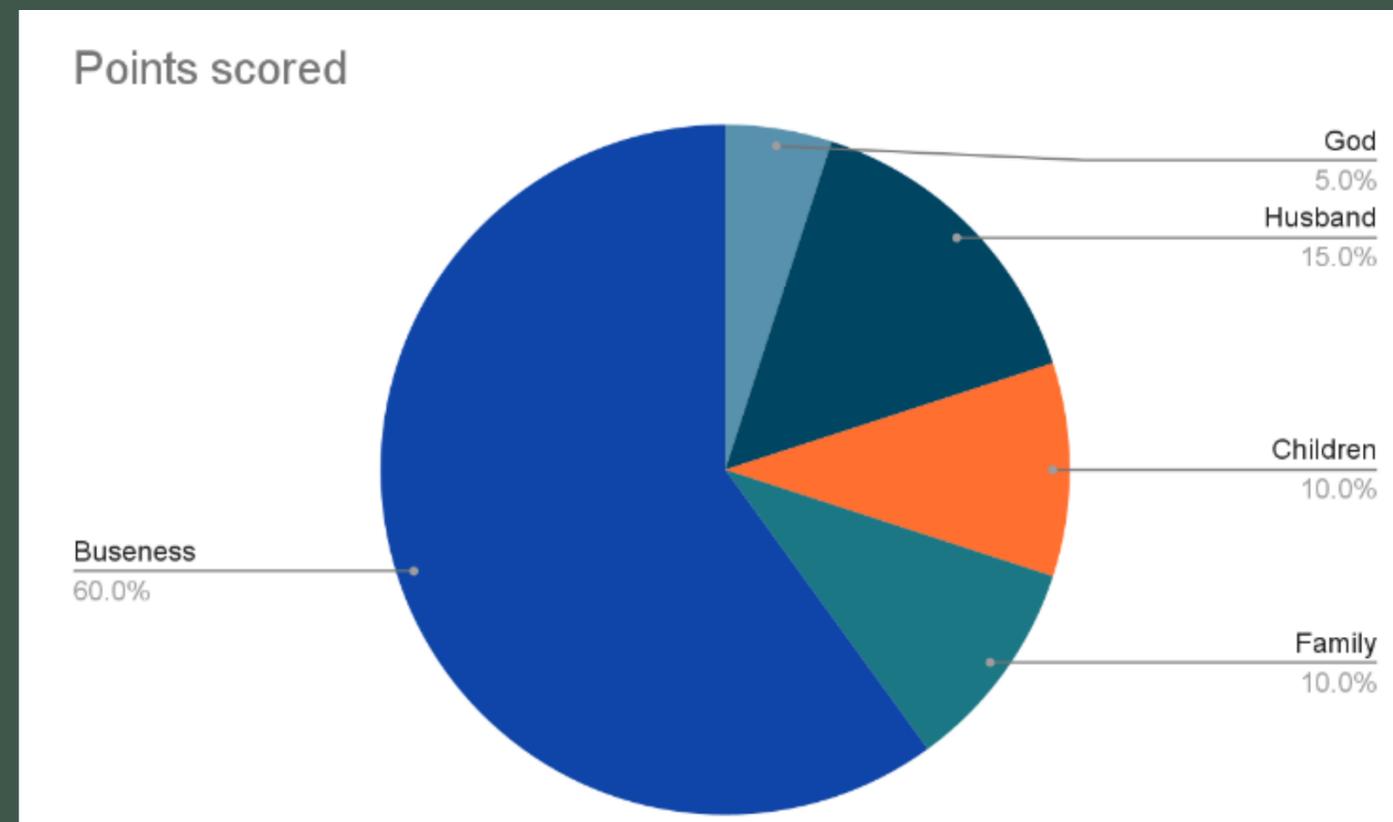
LIST YOUR 5 TOP PRIORITIES



The image shows a worksheet titled "Priority Template" with the instruction "LIST YOUR 5 TOP PRIORITIES". It features a table with five rows and two columns. Below the table is a circular diagram with 20 radial lines and a dashed outer boundary, resembling a target or a wheel. Three white arrows point towards the right side of the worksheet.

INSTRUCTIONS

Plot your ACTUAL TIME that you are committing to your priorities



2.

CARE FOR EACH OTHER

Always be kinder than necessary

“Kindness is universal. Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary.”

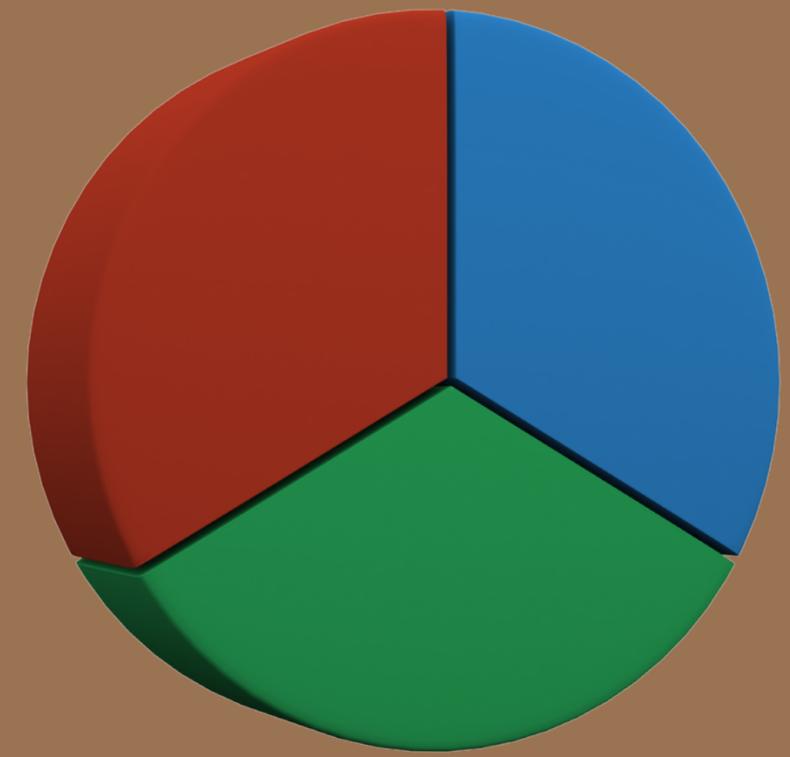
Germany Kent



We only get 24 hrs a day!

It's estimated that the average person will spend

- One-third of their life at work.
- One-third of their life sleeping.



Evidence shows that incivility is common in the Nursing Profession

Some of the terms used to describe incivility are lateral violence, disruptive behavior, abuse, conflict, bullying and aggression.

These behaviors occur frequently in healthcare environments, lead to numerous negative consequences and can lead to more severe violence

Empathy

The ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling.



In 2012, Virginia Mason launched a 'Respect for People' initiative that engaged all of their employees in approaches to respecting one another in the workplace.

The following is their “Top 10” list of ways to show respect:

1. Listen to understand
2. Keep your promises
3. Be encouraging
4. Connect with others
5. Express gratitude
6. Share information
7. Speak up
8. Walk in their shoes
9. Grow and develop
10. Be a team player

3.

CARE FOR YOUR PATIENTS

What a privilege

“The awe of discovering the human body. The honor of being trusted to give advice. The gratitude for helping someone through a difficult illness. These things never grow old.”

Danielle Ofri





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