



Get A Grip-Hold On and Cope
(The OR Joy Ride)

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Coping in the OR

- OR Nurses - wake up your bodies and center your powerful minds

*“Security is mostly an Illusion.
It does not exist in nature.
Life is either a daring adventure,
or nothing.”*

Helen Keller

Welcome to the Operating Room!

Mastering our Situations in the OR

- Attitude
- Energy
- Balance

Situation Mastery: Attitude

- Be patient with yourself
- Believe in your ability to cope
- Focus on the benefits of the situation
- Learn to live with uncertainty
- Maintain a sense of humour


Situation Mastery: Attitude

Understand Why Situations Occur in the OR

- Inevitable
- Necessary
- Progress
- Variety

Situation Mastery: Attitude

Life is Dynamic



The Sigmoid Curve

*"Everything that has a beginning has an end.
Make your peace with that and all will be well."*
Buddha

"The future ain't what it used to be."
Yogi Berra

Situation Mastery: Attitude

The Shape of Situations



Beginning

Rise

Crest

Decline

Situation Mastery: Attitude
The Self - Healing Challenge

Cope Inner Balance

ENERGY

Strength

Situation Mastery: Attitude
Creative Thinking Session

- Ask: In what ways can we...reduce the tension in the O.R.?
 - > Assess the situation. Get the facts.
 - > Generate possible solutions with green light, non-judgmental thinking
 - > Select the best solution
 - > Set achievable goals
 - > Maintain sense of humour

Situation Mastery: Attitude
Management of Stress

- Stress is the "wear and tear" our bodies experience as we make adjustments to our continually changing environments.
- Stress has positive and negative effects on us and also has physical and emotional effects on us.



Situation Mastery: Attitude


Negative Effects of Stress

- distrust
- anger
- depression
- rejection

Situation Mastery: Attitude

Health Problems that can Occur

- headaches
- rashes
- insomnia
- high blood pressure
- ulcers
- heart disease
- stroke




Situation Mastery: Attitude

Positive Stress

- Positive stress can add excitement and enrich our lives
- We can thrive under certain amounts of stress
- Deadlines, competitions, and even frustrations can enrich our lives

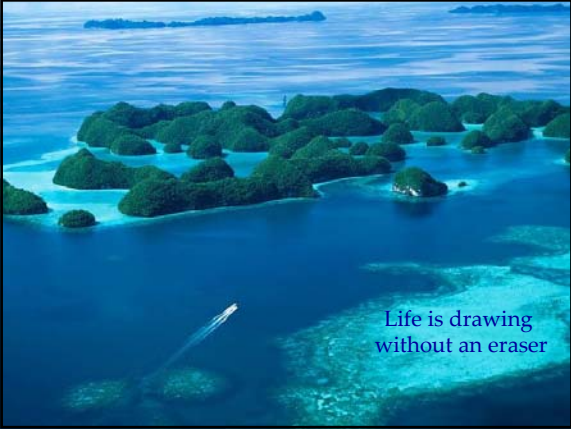
You have more control than you think!

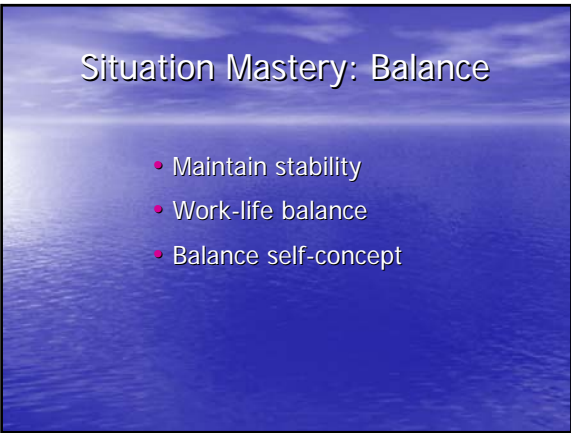


The one who takes your hand but touches your heart is a true Friend

Situation Mastery: Energy

- Sleep
- Exercise
- Caffeine
- Pacing
- Food-intake







Leisure
Give yourself permission to have leisure time



The trouble with the future is that it usually arrives before we're ready for it.
Arnold H. Glasow

death, birth, marriage, jail term, mortgage, new instrumentation!

Call to ACTION

What are you going to do differently towards self-care after you leave here today?

You have more control than you think
...now you have to use it!

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