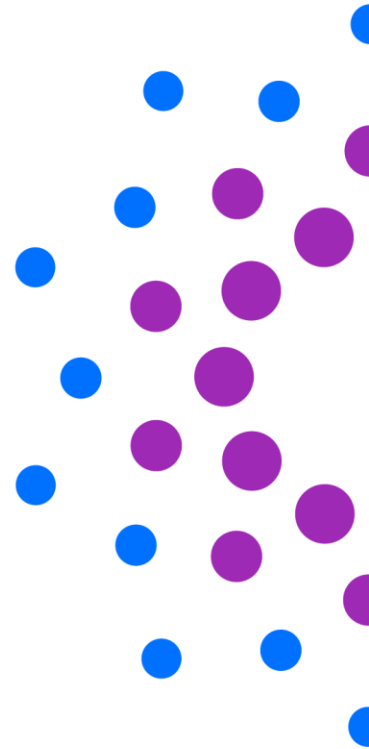




**Nurse & Midwife
Support**

Your health matters

The 24/7 national support service for midwives, nurses and students

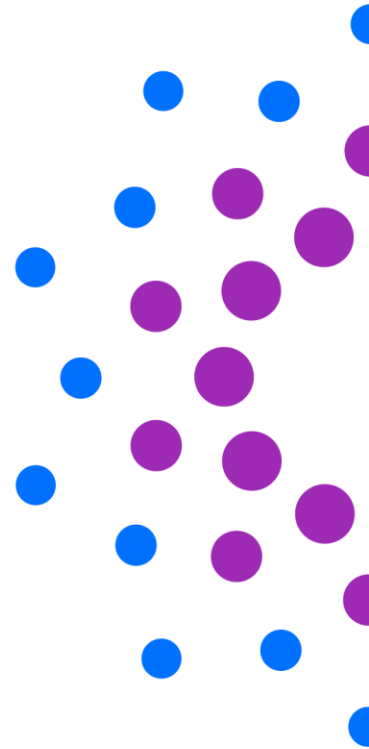




**Nurse & Midwife
Support**

Your health matters

Supporting the health and wellbeing of nurses & midwives





**Nurse & Midwife
Support**

Your health matters



**Nurse & Midwife
Support**

Your health matters

A 24/7 national support service for nurses & midwives
providing access to confidential advice and referral.

1800 667 877

nmsupport.org.au



Acknowledgement and gratitude

Building resilience in the face of a world wide pandemic takes purpose, intention and grit.

The COVID-19 pandemic has challenged us in many ways

Now more than ever is the time to check in with **YOU and your TEAM** to ensure **YOU** are all being cared for, supported and nobody is left behind.



Acknowledgement and gratitude

Midwives and nurses are going above and beyond at this time. Many working in changed and difficult circumstances while dealing with personal challenges.

THANK YOU
for your incredible effort
SUPPORT
is AVAILABLE
Nurse & Midwife Support

Thank you

Look after yourself and
each other **YOUR
HEALTH MATTERS!**





Support during crisis

To find ourselves in the midst of another major crisis dealing with the enormous challenges presented by COVID-19 can feel insurmountable.

And yet we keep providing care and service as we always do.

Chances are you are or have felt stressed as those you work with have and in many cases are still

STRESSED



Pause-breathe-be mindful





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Take your stress temperature





Take your stress temperature

Take your stress temperature by asking how **stressed** you feel right now on a scale from 0 to 10.

Recall times when you were under stress and compare those to how you feel in the present.

You can use this measurement to map stress patterns by comparing your ratings as they go up or down from one situation to another or from one part of the day to the next, for example, in the morning compared to later in the day.



Take your stress temperature

The comparison gives you an indication of what types of situations trigger your stress.

This measurement tells you if your mood changes at different times of your day or night and what circumstances trigger the change.

This enables you to identify patterns and themes that give you insight into your comfortable stress temperature and what situations need changing.



Take your stress temperature

In **RED YOUR** body is screaming at you to take fear fuelled thoughts seriously!

This is how, in relation to Covid-19, people get into panic buying mode and other fear fuelled behaviours.

And we might all experience it at different times on different levels.

So what do we do about fear responses?



Check in with yourself and each other

**THERE'S
MORE TO SAY
AFTER
RUOK?™**

Learn what to say at ruok.org.au >

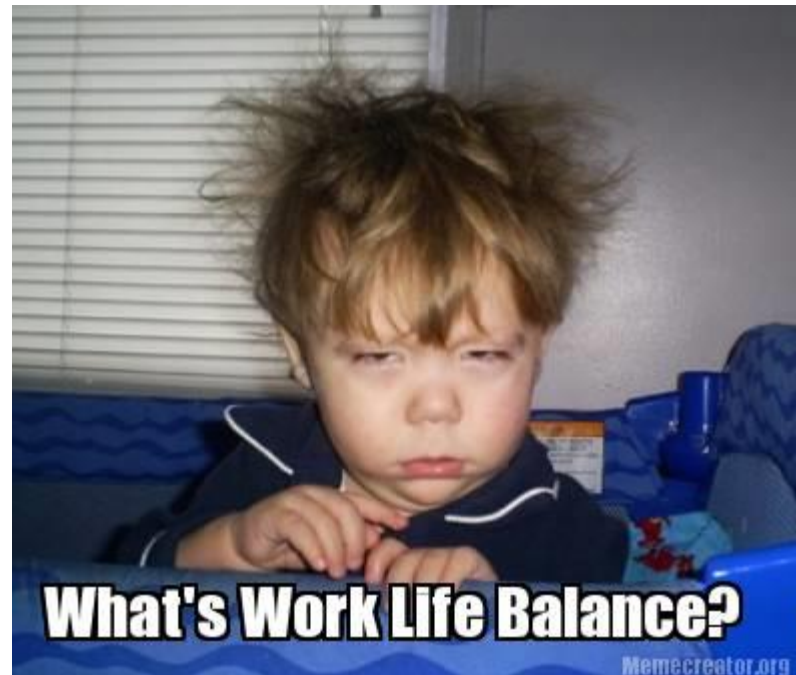
A conversation could change a life



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Am I OK?





Chronic stress

Ongoing and prolonged stress can lead to serious health problems.

Chronic stress can increase the risk of:

- rewiring your brain, leaving you more susceptible to mood disorders, depression, anxiety, panic attacks and other mental/physical health problems.
- We want to prevent the impact of chronic stress by taking intentional action



The good news is support is available

Individual strategies to manage stress include:

- identify your stress triggers
- improved self-awareness eg. understanding your triggers for unhealthy stress
- implement stress management strategies early
- effective communication
- management of work/life balance
- strong personal and social connections
- motivation to learn and grow professionally and emotionally
- use of reflective practices such as meditation, mindfulness, yoga
- exercise
- diet
- Rest/sleep
- develop your self-care/wellness plan



Self-care is vital

Being a nurse/midwife does not bullet proof us from human emotions and responses in times of crisis.

At challenging times we may put our mental and physical health and needs on the back burner while we devote ourselves to the job that needs to be done.

However, this is the exact time when we need to place a focus on our health, wellbeing and self-care.



Support is only a phone call or click away

Australian midwives, nurses, students, educators, managers and all those concerned about the welfare of midwife, nurse or student have a safe space to talk about anything you need support for or anything that puts health and wellbeing at risk.

We provide national 24/7, anonymous, confidential, free support



Important elements of the Nurse & Midwife Support service

- Phone support is provided via a midwife & nurse lead service with the focus on brief intervention counselling and referral pathways
- Support is available 24/7 no matter where you are in Australia
- Support is anonymous, confidential and free
- Nurse & Midwife Support is funded by the NMBA and run independently by Turning Point (addiction medicine experts)
- Support is available to midwives, nurses and students or anyone concerned about the welfare of a midwife, nurse or student



What issues are nurses/midwives needing support for?

- Workplace stress
- Occupational violence
- Anxiety
- Fear
- Depression
- Anger
- Uncertainty
- Exhaustion
- Burnout
- Post traumatic stress disorder
- Moral distress
- Compassion fatigue
- Problematic substance use



Your health matters!

As leaders and managers you may feel pulled in multiple directions with little or no time for **YOU**.

This is exactly why you need to focus on your health, wellbeing and self-care.

It not only refuels you but shows others that is important to prioritise health and wellbeing.

When we feel well, healthy and supported we naturally provide better care.



Strategies to enable you to champion self-care

- Model self-care practices
- Discuss health and wellbeing with your team
- Place health and wellbeing as a standing agenda item on the agenda of your team meetings
- Create a health and wellbeing notice board
- Discuss health and wellbeing at handover
- Host a focus on health care week
- Create a section in the annual performance review to discuss health, wellbeing and self-care
- Create opportunities for your team to tell their stories



**Nurse & Midwife
Support**

Your health matters

What is your go to pause activity?





Resources designed to support YOU!

We have a range of resources designed to support your health and wellbeing and to remind you why

YOUR HEALTH MATTERS!

Website content

Newsletters

Podcasts

Blogs

Articles



**Nurse & Midwife
Support**

Your health matters

Nurse & Midwife Support Email newsletter

We create quarterly newsletters and podcasts just for you! If you would like articles, stories and expert advice sent straight to your inbox, sign up to our quarterly newsletter:

<https://www.nmsupport.org.au/newsletter>

If you would like to contribute to the newsletter, please [contact us](#).



Nurse & Midwife Support podcast-Your Health Matters.

We have a podcast and resources that will provide you with more information, resources and tips for managing **stress** during challenging times

<https://www.nmsupport.org.au/resources/podcasts/dealing-stress-during-crisis-sam-eddy>



Other useful resources

Evolve Yourself Institute (EYI global)

[Evolve Yourself® ABC Method - Evolve Yourself Institute \(eyi.global\)](https://www.evolveyourselfinstitute.com/)

<https://www.nmsupport.org.au/resources/podcasts/evolve-yourself-institute-importance-practicing-self-care-nurses-podcast>

Schwartz Center for Compassionate Healthcare

www.theschwartzcenter.org

Blurt Mindfulness A Beginners Guide

<https://www.blurtitout.org/2017/04/28/mindfulness-a-beginners-guide/>



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