

# *SGNA Regional Leadership Session*



Society of Gastroenterology Nurses and Associates, Inc. | [www.sgna.org](http://www.sgna.org)

# *Jean Stoa, BSN RN*



Regional Societies Committee Chair  
*President of Arizona Regional Society*



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# *Thank You Regional Societies Committee*

## **2020-2021 Regional Societies Committee**

Emma Rogers

Jean Stoa, Chair

Jo Sienknecht, Co-chair

Judy Currier, Board Liaison

Katy Crenshaw

Marla Tobin

Mary Pierce

Tanya Flake Cain



# Tonight's Agenda

## 1. Resilience and Self Care

*Judy Currier, BSN RN CGRN HN-BC, Regional Societies Director*

## 2. State of the Regions Report

*Kim Eskew, SGNA Executive Director*

*Michelle Juan, MSN RN CGRN, SGNA President*

## 3. Regional Purpose Breakout Rooms

*Attendees and Facilitators*

## 4. Closing Remarks

*Jeannie Stoa, BSN RN, Regional Societies Committee Chair*



# *Resilience and Self Care*

## *Judith Currier*



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4. No commercial support has been provided for this program.





*Do you have the patience to wait till the mud settles  
and the water is clear?*

*Can you remain unmoving till the right action arises  
by itself? Tao Te Ching*



## *Living with Stress as the New Norm*

- Uncertainty
- Political tension
- Technology
- Prolonged stress
- Fears
- Cognitive dissonance





# ***Job-related Stress***

- Change, change and change
- Too much responsibility
- Unrealistic expectations
- Inadequate training
- Lack of appreciation
- Time constraints
- Lack of resources
- Workplace violence
- Inability to voice concerns and remain politically correct
- Commuting difficulties
- Child care
- Keeping up with technology
- Poor working conditions
- Sexual, gender or racial harassment



# *Resilience*

Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals.

*Psychology Today*



## Domains of Resilience



# *The C's of Resilience*

- Centering
- Connections
- Confidence
- Community
- Commitment
- Compassion
- Courage



# *Building Resilience*

- Build Connections
- Foster wellness
- Embrace healthy thoughts
- Seek Help





# *Embrace Your Innate Resilience*

- What is coming from within
- Innermost knowing



# *Cultivating Compassionate Resilience*

- Growth
- Practice
- Health
- Impact



# *Work to “Heal Thyself”*

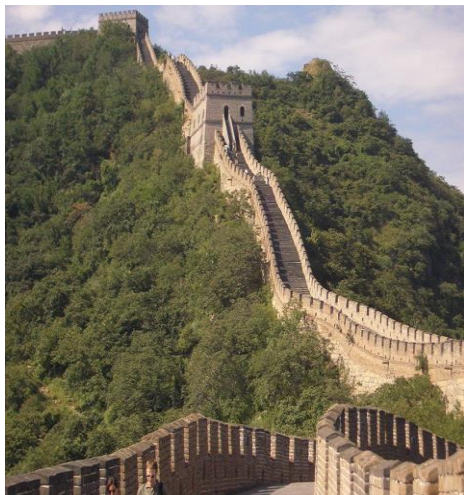
- Those who care must understand the role of healer
- Healing is individually defined



# *Principles of Holism: Self-Care*



# *Barriers to caring well for self*

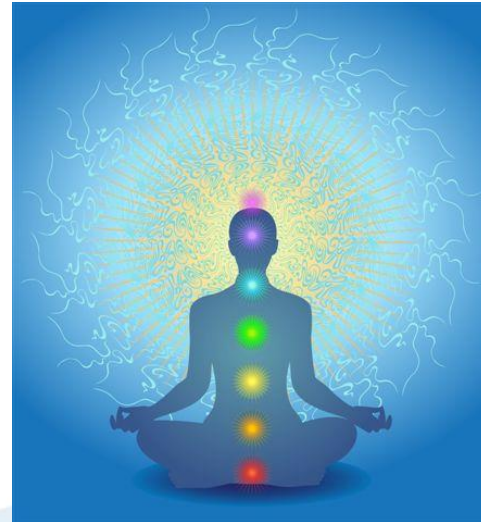


- Professional
- Self-Imposed



# *Self-Care Is:*

- Body – Exercise, conscious eating, breathwork
- Mind – Presence, laughter, stillness
- Spirit –Love, meditation/prayer, connection



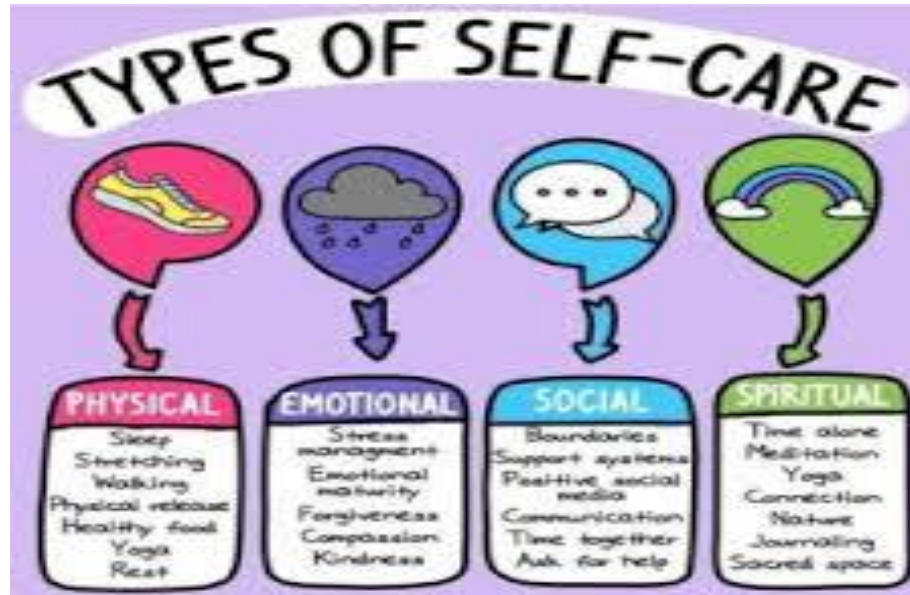
# *Individual Self-Care*

## *Remembering why you wanted to become a nurse*

- Identify your gifts
- Evaluate your personal values
- Review your personal/career goals



# *Incorporating Self-Care into Daily Living*



# *Self-Care & Resiliency*

- Physical activity
- Getting out in nature
- Eating healthy
- Sitting in stillness
- Support
- Spread kindness
- Laughter
- Sleep





# *Getting Out in Nature*





# *Relaxation/Coping Skills*

- Deep Breathing
- Meditation
- Guided Imagery/Visualization
- Journaling
- Mandala's
- Nutrition
- Sleep
- Exercise
- Laughter
- Music



# *Breathing*

- Calms the mind, refreshes the body
- Revitalizes and energizes – clears stress
- Will effect sympathetic nervous system - fight/flight



**when you come out of the store  
and you have an airgasm**



**Airgasm: Intense pleasure from  
the air felt on the face when the  
mask is removed.**

# *Reclaim Your Calm*

- Be aware of your chronic and acute stress
- Find peace in a world of chaos
- Self-care, stress management and coping skills that speak to you
- Resolution of life's stressors can actually enhance the strength and health of the body/mind/ spirit



# *Silence*

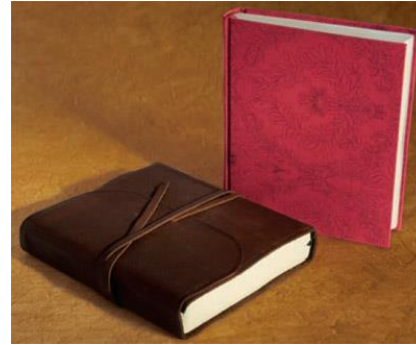
- You can relieve anxiety by interrupting negativity and take a moment of silent reflection, meditation or mindfulness





# *Journaling*

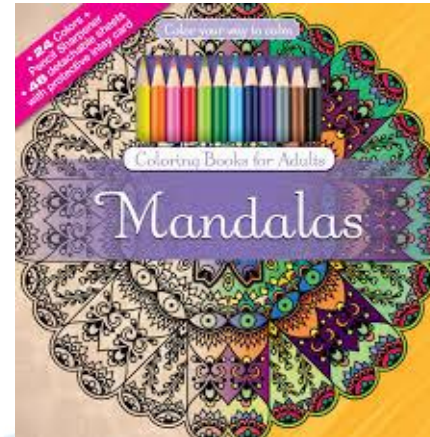
- Dreams
- Aspirations
- Intentions
- Gratitude
- Fears/anxieties
- Life review



# *Mandalas*

## *A symbol of wholeness and connection*

- Evokes a feeling of calmness
- Finds the quiet within
- Relaxing
- Personal Expression
- Type of Meditation, tool for healing and restoring
- Draws your attention away yourself and brings you into the present moment

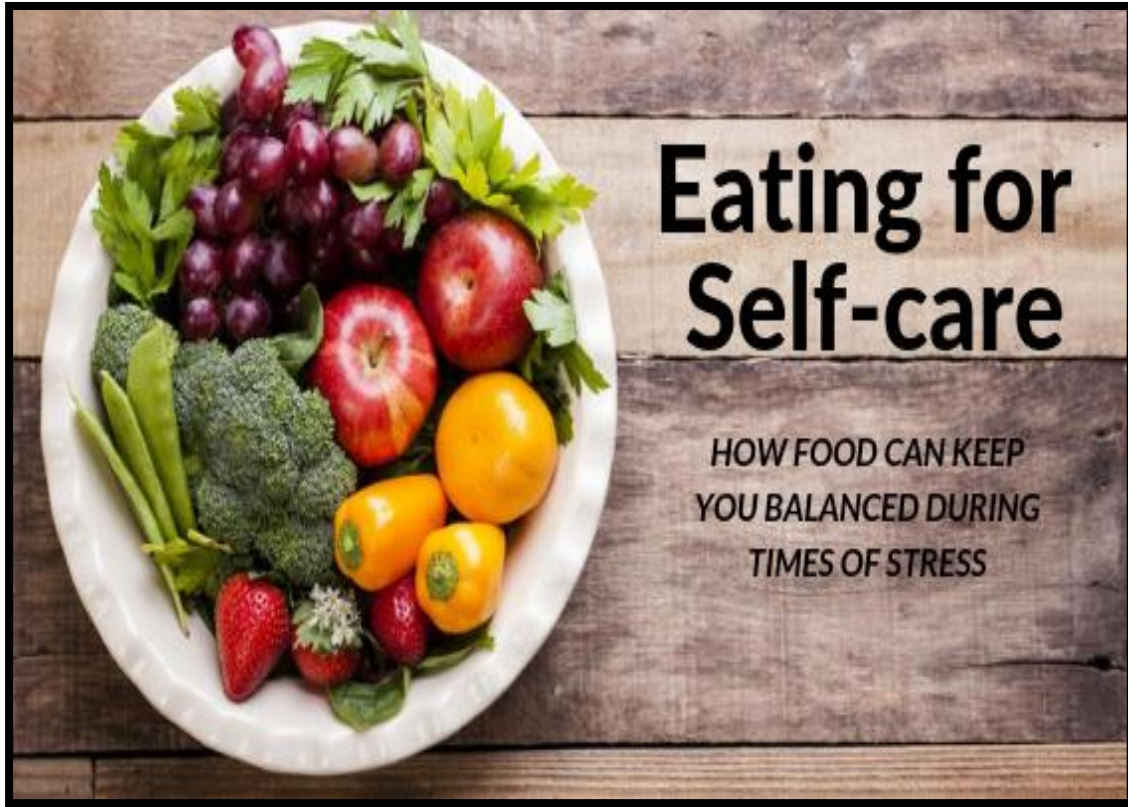




# NESS

- Nutrition
- Exercise
- Stress Management
- Support





# Eating for Self-care

HOW FOOD CAN KEEP  
YOU BALANCED DURING  
TIMES OF STRESS

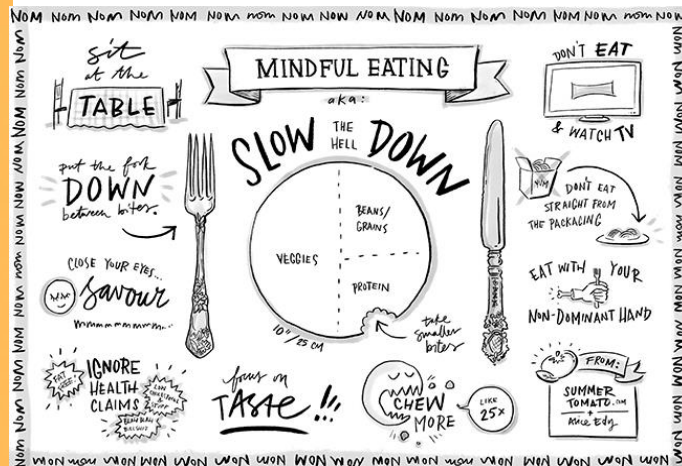
# *Self-Care and Meals*

- Load your plate with fruits and vegetables
- Use herbs and spices
- Increase intake of healthy fats
- Limit added sugar!!!
- Meal Planning
- Eat regularly
- Moderation
- Pay attention to your plate and your mind
- Hydration





mindful  
eating





# *Relaxation/Coping Skills*

- Expressive art therapy
- Humor/Laughter
- Mindfulness
- Deep Breathing
- Meditation/Prayer/Spiritual
- Hatha yoga
- Being in nature
- Aromatherapy
- Guided imagery/Visualization
- Music
- Massage/Touch therapy
- Energy Therapy
- Physical exercise/Nutrition
- Forgiveness
- Journaling
- Mandalas

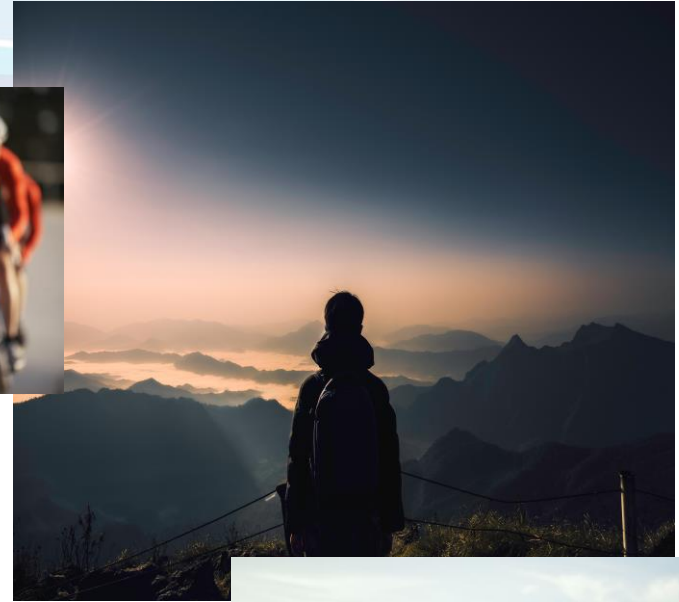


You wouldn't let this  
happen to your phone.  
Don't let it happen  
to you either.

SELF CARE IS A PRIORITY.  
NOT A LUXURY.

[ymhproject.org](http://ymhproject.org)

# *Exercise*



# *Healing Power of Laughter*

- Humor – an attitude toward life which makes it possible to experience joy even when facing hardship, ability to appreciate the absurd.



# *Healing Power of Laughter*

One minute  
of anger weakens the  
immune system for 4  
to 5 hours.

One minute of  
laughter boosts the  
immune system for  
24 hours.

Everyone Brings  
Joy to this Office

---

Some when they enter  
Others when they leave



# *The purpose of Kindness*

Is to look beyond ourselves, beyond the boundaries of our country, beyond our culture, our race, our religion and realize that we are all citizens of the world and that Kindness is the common thread that unites us all.





# *Kindness to self*

Begins with self-care and nurturing one's inner spirit. Begin with self-worth

- **Authenticity**

honor who you are

- **Attitude**

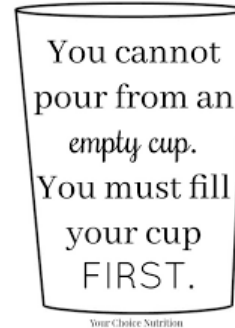
exercise your power to choose

- **Resilience**

develop strong roots to weather change

- **Excellence**

commit to grow your potential



# *Kindness to Colleagues – Creating a circle of friends*

- **Trust**

practice honesty and consideration

- **Compassion**

show you care with acceptance

- **Courage**

step through fear to do what is right

- **Friendship**

welcome others into your circle



## Community at Work

- ♥ Need one another to get job done
- ♥ Instill confidence in others
- ♥ Be grateful to our co-workers
- ♥ Be mindful of speech
- ♥ Role of gossip in workplace
- ♥ Play nice together



# *How to Stay Emotionally Healthy*

- Talk to someone, but limit the complaining
- Be generous
- Take a break
- Allow all the feelings & emotions
- Express Gratitude
- Ask for help when you need it

# *How to Ground yourself and Prevent an Anxiety Attack*

The “5-4-3-2-1” technique

Breathe deeply in through your nose and out through your mouth

Slowly look around and find

- 5 things you can **see** ( a window, a cup, a pen, the sky, a person)
- 4 things you can **touch** (the ground, table, clothing, your hair)
- 3 things you can **hear** (your heart beat, the phone, an alarm)
- 2 things you can **smell** or 2 smells you like ( aromatherapy, coffee)
- 1 thing you can **taste** ( a mint, gum, coffee)
- Perhaps an emotion you feel

This will ground you- It can help when you feel like you are losing control



# *Self-Love*

"If You Want To  
**Soar**  
In Life,  
You Must First Learn To  
**F.L.Y**  
(First Love Yourself)"



~ Mark Sterling



# *Finding Balance*



# *Creating Balance*

- Recognize those things that are important to you
- Look for opportunities to practice patience, kindness and forgiveness



# *Balance*

- ♥ Overwhelmed? – 3 deep breaths
- ♥ Take a lunch break
- ♥ Be realistic about your time
- ♥ Leave your work at work
- ♥ Focus, be present with one thing at a time
- ♥ Acknowledge your emotions
- ♥ Respond vs reacting



# *Only Have 5 Minutes?*



# *Reclaim Your Calm*

- Find peace in a world of chaos
- Self-care, stress management and coping skills that speak to you
- Resolution of life's stressors can actually enhance the strength and health of the body/mind/ spirit
- Be aware of your chronic and acute stress







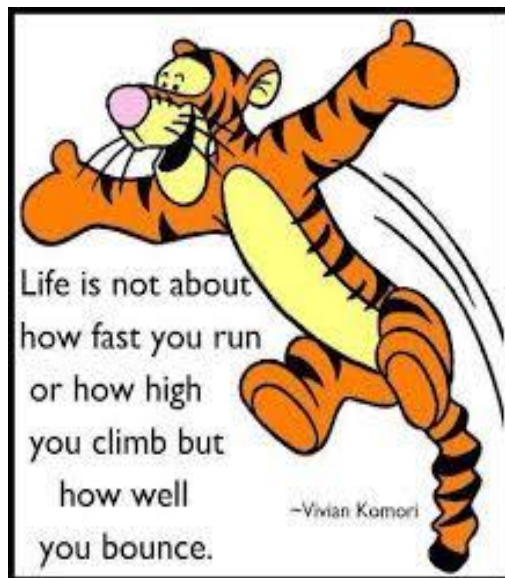
# *Self-Care Practices*

- Be gentle with self
- Set a daily Intention for healing
- Laugh often
- Find a quiet space and use it
- Make physical activity a priority
- Breath deeply
- Spend time in nature
- Eat mindfully
- Practice gratitude
- Listen to music
- Be kind and compassionate
- Practice forgiveness

# *Healing Practices for Care of Self*

- Remember to Breathe
- Know those practices that refresh you
- Mindfulness
- Growth in love
- Expansion of  
consciousness
- Overcoming fear





# *Remember*

- Gratitude
- Believe in Simplicity
- Create Harmony
- See Beauty
- Find Joy



# *Thank you*

- Thank you
- A special Thank you and Happy Birthday to Tara Patterman who helped me create this presentation.



# *State of Regions*

*Michelle Juan & Kim Eskew*



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# *Objectives*

- Identify data trends in regional societies.
- Test observations drawn from the data.



# Regional Membership Numbers

# of Regions	Range of Members
31 (57%)	Less than 100 members
17 (31%)	101-200 members
5 (9%)	201-300 members
1 (2%)	300+ members

- Smallest region has 14 members
- Largest has 341





# *SGNA Membership*




# Membership Demographics

## Needs Assessment demographics (2019 vs. 2015):

### Age:

- Lapsed members aged 61+  from 16% in 2015 to 43%
- Current members between 51-60  from 52% to 39%.
- There were slight increases in members representing younger age brackets in 2019 survey.

### Anticipated Duration in GI: **24% of members are leaving GI within 5 years**

- **Members who plan to retire in the next 5 years**  from 16% to 20%; with non-members the proportion  from 14% to 24%.
- An additional 10% of non-members and 4% of members indicated plans to leave GI for other reasons in 2019.

# *Membership Data, Cont.*

- “Hospital (Inpatient/Outpatient)” is the practice setting for 64% of members and 56% of non-members.
- The current position held by 46% of members and 45% of non-members is “Staff Nurse.”



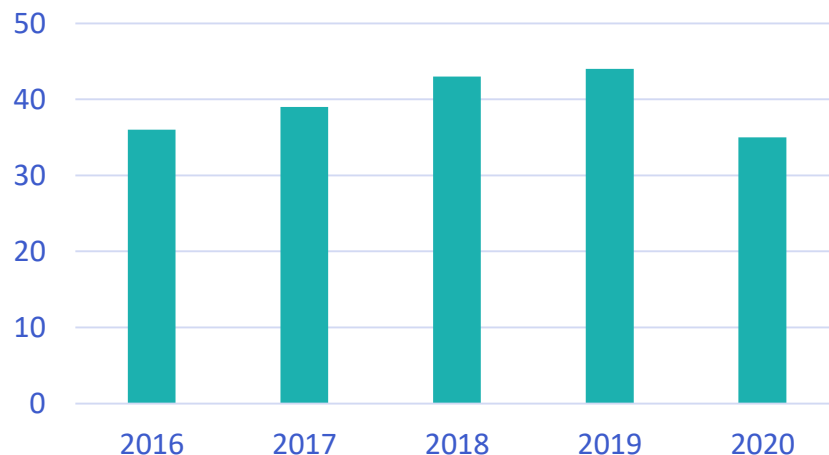


# Regional HOD Participation Trends

In the past five years (2016-2020)

- 0 – 3 regions
- 1 year – 6 regions
- 2 years – 3 regions
- 3 years – 8 regions
- 4 years – 14 regions
- 5 years – 20 regions

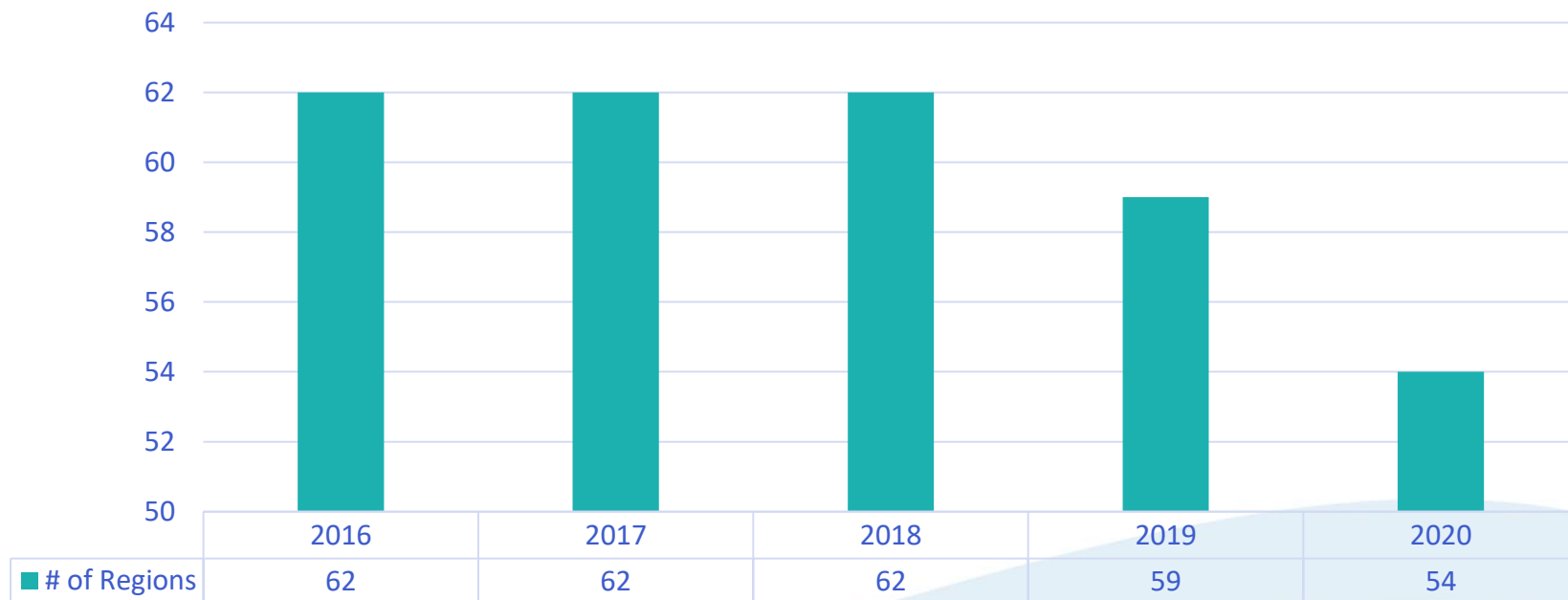
# of Regions



- About 63% of our regions (4 & 5 years) are very active participants.
- Steady growth until 2020 virtual HOD [pandemic]



# *Trends in # of Regional Societies*



# *Regional HOD Survey*

Response Rate: 41/54 regions

## **Summary of responses:**

- 70% of respondents reported finding the annual house of delegates proceedings beneficial to their region.
- On a scale of 1-5 with 1 being low and 5 high, regions were asked how useful they find the HOD process. The weighted average was 3.34.
- 78% of regions feel it's difficult to come up with resolutions that are strategic.
- On a scale of 1-5 with 1 being negative and 5 positive, regions were asked how they would view the removal of the House of Delegates. The weighted average was 2.7.



# *What we are seeing in the Trends?*

- Decrease in SGNA membership has a direct impact on regional society membership.
  - Retirement of our GI Nurses
  - Less nurses in the field right now
  - Need to recruit younger nurses to GI
- Increase in ability for members to get education online = less need for in-person local education.



# *Breakout Room Discussion*

1. Why does your region exist? Think about these points and how they play a role into the purpose of your region.
  - Your involvement in the local GI community.
  - Your participation in legislative activity at a local and state level.
  - The types of fun activities your region organizes throughout the year.
  - Education you provide on a yearly basis.
2. What is the most valuable thing your region offers your regional members?
3. Are there barriers in place by National that keeps you from being more successful in achieving your purpose?



*Thank you for joining us!*



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