

**TENDING TO YOURSELF
WHILE
TENDING TO OTHERS**

CULTIVATING RESILIENCE

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Flow of Our Time



- **Introduction**
- **Healing and Heart**
- **Exploring Resiliency**
- **Playing with Practices**
- **Putting it all together**
- **Closing**



Healing...



“Healing is about making whole. To be a healer, you have to be able to listen, to learn, and to love. And I saw those three forces at work in my parents, and how they cared for their patients.”

- Surgeon General Vivek Hallegere Murthy

We thought we could cure everything, but it turns out that we can only cure a small amount of human suffering. The rest of it needs to be healed, and that’s different. I think science defines life in its own way, but life is larger than science. Life is filled with mystery, courage, heroism, and love — all these things that we can witness but not measure or even understand, but they make our lives valuable anyway.

- Dr. Rachel Naomi Remen

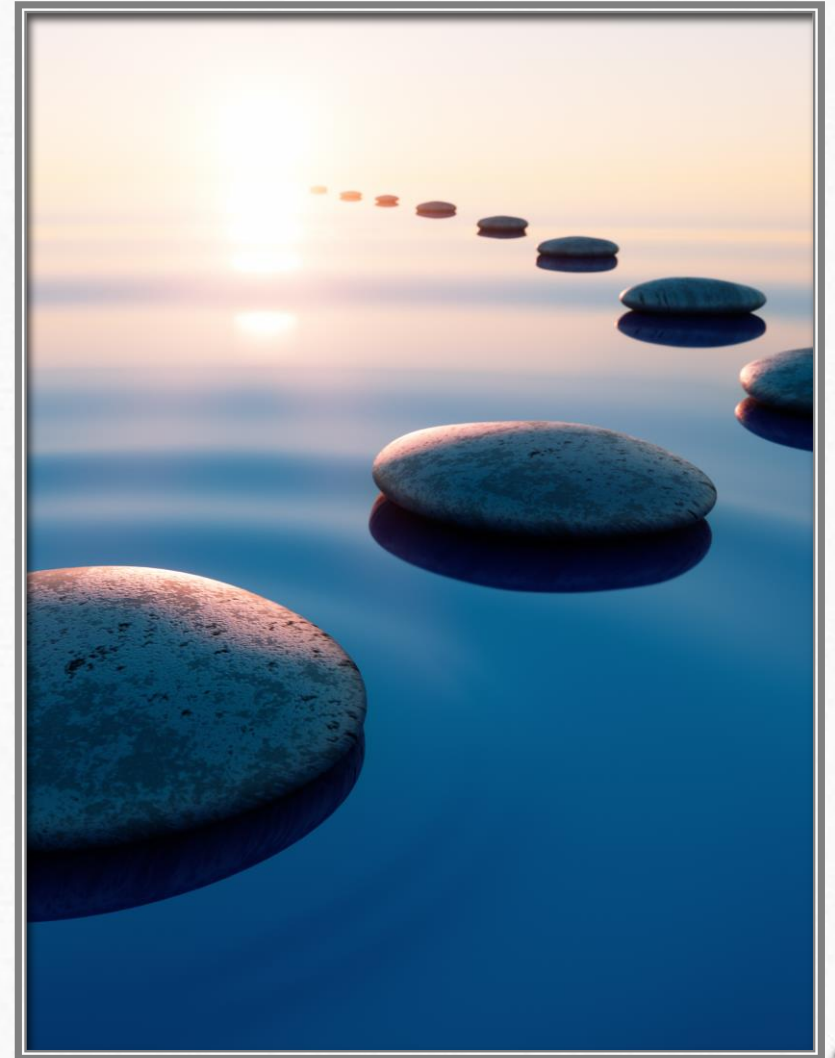
Building Resiliency



- 1) **Meaning/Purpose**
- 2) **Check-in and connect with body, mind, spirit;**
- 3) **Being Grounded and Present;**
- 4) **Tending to Grief**
- 5) **Support systems**
- 6) **Have a plan and use it!**

Individual Reflection

- When was the first time you had a sense that you wanted to become a nurse?
- What was the spark/catalyst?
- Why do you want to be a nurse?



Your Deeper “Why”

P1: Share why you want to be a nurse

P2: Ask Why

P1: Answer w/ different response

(Repeat 2-3 times)

SWITCH -when time is called



Checking in ... Grounding ...

Keys:

- Intentionally make space to do this!
- ASK and LISTEN
 - to heart, body, soul
- Ground yourself in the moment
- Connect to yourself in the flow of the day (shift)

Checking in can look like:

Time alone, meditation/prayer, exercise, reflective body scan, nature, journalling, breath work;

Grounding can look like:

Three-breaths –Threshold, handwashing as grounding, breath connection, prayer, yoga or body poses;

Healing — becoming whole — is not about eradicating our wounds and weaknesses. It emerges in and through them. “The way we deal with loss,” she’s written, “shapes our capacity to be present to life more than anything else.”

“The other side of this is that when we don’t deal with our losses — when we suppress them, wish them away, power through — they “distance us from life” and continue to define us. I see this so powerfully, heartbreakingly, in our world right now. “

Krista Tippett



Dealing with Grief

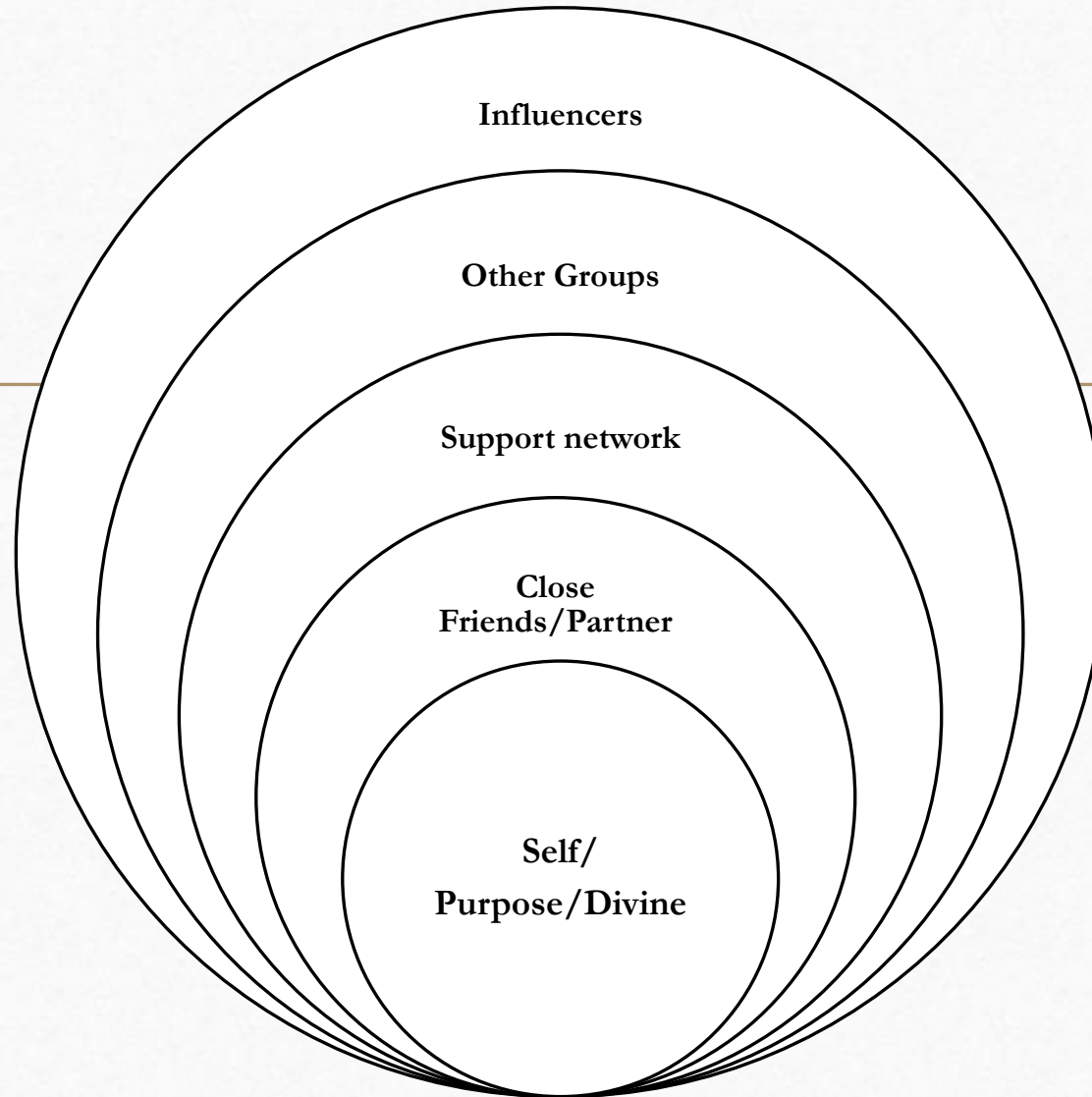
Keys:

- Everyone deals with it differently~
- Tend to it! Tend to yourself~
- Consider rituals, prayer, meditation, poetry, physical exercise
- **TEND** to yourself with love and grace!

We burn out not because we don't care, but because we don't grieve."

-Rachel Naomi Remen

SUPPORT SYSTEMS

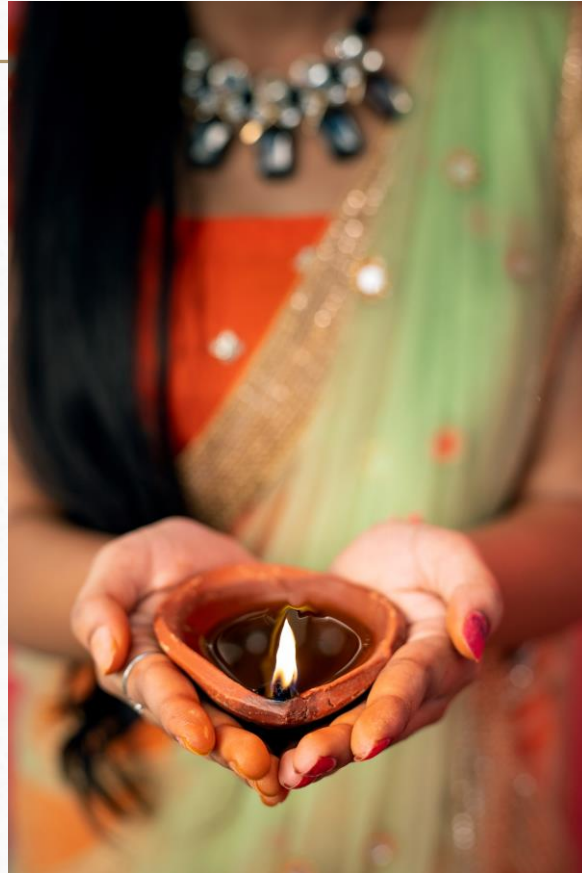


Putting It All Together: Care Plan

- Reflect and Complete Your Plan; (Individually)
- Pair up (when instructed) and
 - Notice if there is an area that was harder to fill out, ask your partner for ideas;
 - Identify one practice you will try within the next 48 hours and tell this to your partner;
- Myth Busting: Join with another pair;
 - What might get in the way of trying a practice?
 - What are some of the “myths” or “culture messages” that might show up that could get in the way of trying this practice?
 - What could help it have better odds of being tried?

Closing

**Check in
and
Take out!**



**Honoring your
Calling w/ a Blessing**



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THANK YOU!