

Project Title: Managing Life Challenges Through Resiliency Teachings

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Abstract:

The intense nature of clinical work may have negative effects for nursing professionals, particularly if they lack social support or do not have self-care strategies that help them deal effectively with job-related stress (Christopher, Christopher, Dunnagan & Schure, 2006; Maslach, Schaufeli, & Leiter, 2001). Clinical work may have an even greater negative effect on student nurses who may be younger and lack experience in the clinical setting. Without resiliency skills, students' ability to effectively navigate academic and professional demands can be compromised. The purpose of the proposed program is to provide students with educational sessions and critical support to increase resiliency skills as a student that will potentially carry over into their professional career. The education will be framed around evidence-based interventions that have been shown to increase resiliency, reduce stress and anxiety, and minimize burn out. Each session builds on the previous session with weeks for reflection on learning. This program will not replace or add a course, but will be offered for 50 minutes every other week as a designated "resiliency" or "caring for self" session to assist students in establishing resiliency and self – care.