

Healthy Nurse News

Who's Carin Forself? Are you Carin Forself? I hope so. Carin is a fictional nursing student in my recent book. She has a passion for self-care. I watch nurses all across Wyoming. I think they're on a mission – a Healthy Nurse 2020 mission perhaps - to positively impact their health. But this is about you – your life and health. I hope you are a member of this growing community of nurses. If you aren't it's time to join. After all, it's part of our code – the ANA Code of Ethics that is. In looking at Provision 1, 3, and 5 (White, 2001), I see many applications to self-care that we generally apply to our clients and patients. Read the following five statements. On a scale of 0-4, with zero being “never” and 4 being “always” how would you assess your **self-care ethics** in these areas?

- I care for myself with compassion
- I respect my dignity, worth and uniqueness
- I promote and protect personal health
- I apply the same standards to myself as others
- I continue personal growth and development

If you're like most of us this short quiz is a gentle reminder that you may not be applying the same ethics to self-care as you apply to others. Many nurses I talk with need “permission” for self-care. Cultivate these self-care values. You have my permission – give yourself permission.

A New Year is approaching! It's when millions of Americans traditionally make New Year's Resolutions. What are resolutions? They're *firm decisions* about lifestyle change. Many people are unsuccessful because they treat resolutions like wishes - things merely *desired or wanted*. As you proceed with your plans for the coming year, start or continue to develop **lifelong healthy habits**. For more information, or for a continuing nursing education opportunity, visit www.HealthyActionPlans.com. *Dr Jan*

References

Stephens, J.E. (2006). *Wholistic health self-management program – Core content: Health guide 1 – Be whole & CEO, Health guide 2 – Healthy action plan process – yes*. Vol.1. Belle Fourche SD: Wholistic Health Education Services.

White, G. (2001). The code of ethics for nurses. *American Journal of Nursing*. 101(10),75.

Source

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