

MARCH 20, 2021     

# HEALTHY NURSES FOR WISCONSIN CONFERENCE

# SMALL CHANGES.

# BIG RESULTS.

*RESILIENCE: A PATH TO WELLNESS* | **VIRTUAL  
FORMAT**

American Nurses Association  
Healthy Nurse, Healthy Nation™ Campaign

In Partnership



## AGENDA

8:10-8:30	<i>Coffee Conversations - join in early and share an attitude of gratitude to start the day!</i>
8:30-8:50	<b>Welcome to the Day</b> Cynthia Ingram, BS, RN, HN-BC, COHN-S - RN Behavior Health, Sexual Health Nurse, Animal Therapy Coordinator <i>Choosing to be present can change your path, set your intention for the day which helps you be more mindful and open to all the possibilities of this day. Using our breath throughout the day provides vitality and clarity for us and the people around us.</i>
8:50-8:55	<i>Break</i>
8:55-9:55	<b>Manage Stress Before It Manages You</b> Cella Janisch-Hartline, RN, BSN, PCC – Professional Life Coach; Owner, Enlightened Way: New Day <i>So many responsibilities, so little time for self-care. Stress management is a must because the truth is STRESS is making us SICK, wreaking havoc on our bodies, our mental health and our emotional well-being. It is time to have a better understanding of the impact of stress in our lives, so that we can make an informed decision about what we want to do about it! This session will be fun, self-reflective, interactive and of course informative - as we discuss stress awareness along with stress management tips and techniques.</i>
9:55-10:00	<i>Break</i>
10:00-10:30	<b>Healthy Nurse Healthy Nation: Exercise Your Options!</b> Cheryl DeVault, MS, BSN, RN, OCN - Primary Care Program Manager, Rural WI Health Cooperative <i>Regular exercise can help decrease stress, improve cardiac function, and improve our strength and flexibility. This session will be about how we all can incorporate some exercise into our workday with some quick, simple exercises...no machines are necessary because your body is a machine! Some ideas will also be shared on some fun fitness challenges to do with your co-workers. Get ready to get up and move...it's time to take care of YOU!</i>
10:30-10:35	<i>Break</i>
10:35-11:20	<b>Nurse Suicide – The Elephant in the Room</b> Chris Wojnar, BSN, RN - Registered Nurse, Advocate Aurora Health - St. Luke's Medical Center <i>Even before the COVID-19 pandemic, nurses were already at a higher risk for death by suicide than the general population. The reason(s) for this increase in risk can be attributed to personal stressors, workplace stressors, incivility, lateral violence, burnout, lack of support/resources, the culture of "suck it up", and the stigma attached to mental health. The COVID-19 pandemic has shown our nursing family that it is important now more than ever to take care ourselves, each other, and our families. This session will discuss the topic of nurse suicide, what to look for in yourself/colleagues, actionable items for frontline nursing team members, and offer solutions for prevention. Creating awareness, promoting current resources, creating new resources, providing education, and addressing the "elephant in the room" can have an impact on preventing nurse death by suicide.</i>

11:20-11:25	<i>Break</i>
11:25-11:55	<p><b>Bust a Move!</b> Join in ONE of these breakout activities...</p> <p><b>A. Chair Yoga in the Workplace</b>  Melissa Wilhelm – <i>Owner, Avana Yoga &amp; Healing Center</i>  <i>Our bodies are in a constant state of flow. When we sit or stand for too long, if we are stressed or have low energy, we disrupt this flow. Join Melissa to learn simple techniques that you can do in short amount of time at work or home in your chair, to allow your body and breath to move with that healthy energy, and in turn helping to reduced stress, improve mental clarity, lessen pain and feel a heightened sense of calm.</i></p> <p><b>B. Guided Meditative Walk</b>  Adrienne Ewald, BSN, RN - <i>Senior Market Development Professional, Humana, Inc.</i>  <i>Join Adrienne for a guided mindfulness walk focusing on awareness, breath and movement around your home or neighborhood. Download Adrienne’s recorded presentation to your mobile device to take her with you on your journey.</i></p> <p><b>C. Sweat, Stretch and Boost your Energy!</b>  Nina DeVault, RN, BSN - <i>Health and Fitness Coach for Team Heart &amp; Inspire</i>  Lauren Cabalka – <i>Yoga Instructor; Coach/Leader of 5 Star Elite Team, Fearless Fitness</i>  <i>We will get your heartrate up, then down with some yoga flow intervals for effective and quick cardio workout. We’ll use fun and high energy music to help you push through and feel great!</i></p>
11:55-12:35	<i>LUNCH - Take a break - or eat lunch as you join in to share ‘Success!’ stories and strategies for a healthier lifestyle with other conference participants.</i>
12:35-2:05	<p><b>Refueling of the Heart</b>  Cella Janisch-Hartline, RN, BSN, PCC – <i>Professional Life Coach; Owner, Enlightened Way: New Day</i>  <i>Where oh where did the passion go, oh where oh where can it be? Do you find yourself running on fumes? Are you in gerbil wheel of so many responsibilities that there is no time for fun in your life? Are you just going through the motions of day to day living? Do you feel mentally, physically, emotionally or spiritually exhausted? What if this is all there is. What if this is a common theme in the role of adulthood! In this fun, interactive and self-reflective session, we will discuss tips and techniques for refueling your heart and re-energizing your life so that you can bring your best to living and working.</i></p>
2:05-2:10	<i>Break</i>
2:10-3:10	<p><b>An Attitude of Gratitude - Gratitude Journaling</b>  Melissa Wilhelm – <i>Owner, Avana Yoga &amp; Healing Center</i>  <i>Join Melissa to find out why she believes gratitude is the single most important emotion we have to change our lives. By bringing gratitude into your consciousness daily we can charge through blocks of disempowering beliefs that have held us back on our path. Gratitude is essential on our journey to heal and will help us to move forward with the energy of change, to rediscover our passions and purpose. In this class we will learn about the simplicity of journaling, it doesn’t have to take hours, just minutes to make significant changes to your world.</i></p>
3:10-3:30	<p><b>Reflection on the Day</b>  Cynthia Ingram, BS, RN, HN-BC, COHN-S  <i>What is your awe? It can be your Pet, a person, a place. Tapping into to this with gratefulness will change your life.</i></p>

**CONTINUING EDUCATION CREDIT** – 6.0 contact hours of Nursing Continuing Professional Development credit will be awarded to participants who attend the entire conference and complete the online evaluation by April 3, 2021. Link to evaluation: [bit.ly/eval-hn21](http://bit.ly/eval-hn21)

**HANDOUTS** – All handouts are posted on the conference webpage: [bit.ly/healthy-nurse-2021](http://bit.ly/healthy-nurse-2021)

**FREE JOURNAL** – Sign up to have a ‘gratitude journal’ donated by Melissa Wilhelm mailed to your home: <https://www.cognitofrms.com/WisconsinNursesAssociation/HealthyNurseJournalSignUpForm>



*Thank you for your support, Rural Wisconsin Health Cooperative!*