

# You Can't Pour From an Empty Cup: Self Care to Community Care for Prelicensure BSN Students

Issue: As burnout rates in the health care profession remain high, pre-licensure BSN students face increased stress and burnout as they transition back to in person learning for their final semester (expected graduation August 2021)

Action: Introduce JDUB a holistic wellness framework for graduating Islander Student Nurses to increase self awareness, promote self care, reduce stress and enhance diversity, equity and inclusion in their final semester.

Intended Impact: Students will experience an increased sense of belonging and support, decreased stress levels, and successful completion of final exams



J- JOY (Just Own Yourself)- Intersectionality, power & privilege  
D- Dialogue in brave spaces  
U- Ubuntu- "I am because we are"  
B- Breathe

Process: 97 community health students may earn clinical credit for optional participation. Weekly sessions include check ins, mindfulness activities, dialogue, and self care "homework".

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# DIVERSITY LEADERSHIP INSTITUTE



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diversity, equity, and inclusion*

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### Biography

As a first-generation college graduate and Islander Alumna (BS 2004, MS 2007), I feel privileged to support Islander student nurses on their BSN journey. As project manager for the NWD RN Empowerment and Advancement through Diversity (READY) Program, in addition to coordinating academic and coaching resources, I encourage students to find joy and meaning in their work by emphasizing the importance of prioritizing self-care, trusting their work, and recognizing the Islander impact they are making in the community as they transition to professional practice.



### Contact Information

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