**Leading Your Nursing Practice with a Mindful Commitment to Health & Wellness**

***Cheri Clancy, MSN, MS, RN, NEA-BC, CPXP***

**Program Overview:** Stress may be one of the most overlooked issues that nurses and nursing students face. Yet, it is one of the most impactful as it can affect many aspects of work and personal life. Bedside nursing places high levels of emotional and physical demand on healthcare professionals. Stress can affect the physical and mental health of nurses, which unfortunately can overflow into patient outcomes. Continuous unrelieved stress leads to nurse fatigue and burnout. This also undermines nursing retention and can hurt a healthcare organization's finances. Although not all stress is negative, even positive stress can have a negative effect on an individual. Understanding the science and influences of stress and employing mindfulness strategies can enhance resilience and self-care offering protection and prevention of the harmful effects of stress.

Objectives of this presentation is for the learner are to:

* Discuss the concept of stress, sources of stress, and the underpinning of resilience
* Develop mindful habits to nourish and nurture yourself
* Manage stress by choosing to mindfully respond, not react
* Learn evidence-based techniques to remain calm and maintain control during chaos

Outline:

1. Define and Discuss Stress, Resilience and Burnout
   1. Subjective & Objective Concepts
      1. Signs and symptoms
      2. Self-reflection activity
      3. Case Study
2. Leading with the Brain in Mind
   1. Define and Discuss Neuroplasticity
      1. Activity & Team Discussions
3. Personal Accountability
   1. Awareness of health, wellness and self – care practices
   2. Hardwiring stress-reduction concepts into daily habits
   3. Mindfulness, Gratitude, Physical Activities
      1. Integrative/Experiential Learning
      2. Simulations with Debriefing and Reflection
      3. Team Discussions

**Cheri *Clancy MSN, MS, RN, NEA-BC, CPXP***

****Cheri is a nurse entrepreneur, speaker and author. She is the founder of Cheri Clancy & Associates, LLC, a patient experience coaching firm that uses hard science as a catalyst for soft skill leadership development. Cheri has spoken across the US on various leadership topics including the science of gratitude, emotional intelligence, patient experience, body language, critical conversations and resilience. Cheri is committed to promoting empathy in healthcare.

Cheri has published numerous articles on leadership topics and most recently published her second book with Sigma Theta Tau, The National Honor Society for Nursing, titled *Critical Conversations in Healthcare:2nd Ed. Scripts and Techniques for Improving Interprofessional and Patient Communications.*

She is a member of many professional organizations including the Society of Emotional Intelligence, New Jersey State Nurses Association, The Beryl Institute, and The American Organization of Nurse Executives.

Cheri has received various honors and awards. She was featured as ‘The Leader to Watch’ in the American Organization of Nurse Executives *The Voice of Nursing Leadership* journal and was the recipient of the New Jersey Nursing Beacon of Light award.

Cheri holds a BSN from Thomas Jefferson University, a MS degree in administration from California College and an MSN in organizational leadership from American Sentinel University. She also completed the Wharton’s Executive Nurse Leadership program. She is certified as a nurse executive, change agent, and emotional intelligence facilitator.

Cheri resides in New Jersey with her 3 children.