

BSNSA

Newsletter



*Hope you had a wonderful Spring break.
Something to look forward to:*

Potluck

MENTORING

Session

When: Thursday, April 18

Where: JD 2522

Time: 12:30 pm-01:15 pm

(can stay till 01:30pm)

(rm avail at 12:30 to start eating)

Build your support system!

Come and get to know the students that share your hopes, goals, and challenges.

If you can't bring something for the potluck, don't worry!

We will have some food and drinks for you!

HEALTH FAIR

Monday, April 29

9am- 2pm

We need volunteers!

-We will be conducting a health fair @ Cleary Walk East (across the Matador Statue).

-This will be a good opportunity to volunteer. There will be a blood pressure screening, nutritional information, tobacco cessation information, live zumba workout, massage, and much much more!

-Sign up now by e-mail!

Shout out to the:

Robert Wood Johnson Foundation scholars

Christie Huddy and Brendan Lawrence (cohort 11)

*Tina Battaglia, Wendy Maguire, and George Higgins
(cohort 10)*

They got the “New career in nursing” scholarship that aims at increasing diversity in nursing to improve the healthcare of minority patients. Each of the scholar received \$10,000 and are receiving intensive leadership training and mentorship by a nurse community leader to help prepare them for leadership roles in nursing.

*** To those who are interested in applying for a PHN Certificate, here is the link:**

<http://www.csun.edu/~nursing/documents/phn-app.pdf>

Let your voice be heard!

*-To our CSUN Nursing Alumni:
Share your achievements, stories, and advice*

*-To current nursing students:
We would like to hear from you!
E-mail us at bsnsa@my.csun.edu*

Health Promotion for You

STRESS MANAGEMENT TIPS

- Simplify your life; organize, de-clutter
- Get enough sleep
- Eat well
- Exercise; 3-4x/week for 30 min or more
- Have fun/be creative; start a hobby
- Maintain a support system
- Meditate and pray
- Keep your sense of humor
- Be assertive, Know when to say NO
- Pamper yourself

PREVENTING COMPASSION

FATIGUE

- Find time for yourself every day
- Ask for help at work and at home
- Have transition time/ritual between work and home
- Start or join a peer support grp
- Attend trainings on self care
- Exercise
- Show yourself kindness
- Maintain boundaries
- Express your needs clearly and often
- Laugh whenever possible

Resources for Stress Management:

- Physical: www.Letsmove.gov
www.cdc.gov/healthweight
- Spiritual: www.ahna.org
www.beliefnet.com
- Mental: www.nami.org
- Pampering: www.groupon.com
www.livingsocial.com