

Stress Release for Nurses

Terra Firma Monthly Newsletter

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What Nurses are Saying About Terra Firma

We asked nurses what changes they intend to make after taking The Stress Release course. Here's what they said...

"I know I can handle stressful situations by asking myself the questions, 1) Am I in danger? 2) Can I handle this? 3) Can I change the situation? 4) Can I think about this differently?"

"I really enjoyed the lesson on empathy. I hope to be able to practice it in my daily life as well as with my patients in my nursing career. I think it's really empowering to know that I can help someone feel better without fixing their problem, but instead just listening and understanding."

"When a shift doesn't go as planned I will upgrade my rules to preferences to help turn off my stress response."

"After a perceived threat, I will change my focus of thoughts in the gap and redirect my thoughts to something calm and effective before my stress response kicks in and try to reduce the amount of time my stress response is on."

"I will avoid worrying about my 'new patient' for the shift. It doesn't do any good to worry about whether they will like me, whether I am capable of taking care of them, or whether we will connect. I will go in and just do my best, knowing I will not be in any physical danger or harm."

"I cannot change what the circumstances are, but I have a choice on how I react."

Happy Nurses Month!

It's Nurses Month and the Terra Firma Team couldn't be more grateful for all the hardworking and dedicated nurses out there! Your tireless efforts and commitment to patient care never go unnoticed. Thank you for all that you do to keep us healthy and safe. Your selflessness and compassion are truly inspiring.

The Terra Firma Team recognizes your hard work and wants to emphasize the significance of prioritizing self-care. With the Terra Firma app designed for Nurses, you can access various stress release resources that promote self-care, such as meditations, a stress assessment, short stress release videos, and a 15 CE stress release course. These resources aim to assist you in identifying effective tools to comprehend and alleviate stress instead of merely coping with it. Utilizing these resources allows you to embark on a path toward self-care and well-being.

For the Month of May, Terra Firma is offering all nurses access to the Stress Release Course and the Terra Firma app for **30% off**. To take advantage of this offer, go to <https://terrafirmaapp.com/>, click the **PURCHASE** tab, and use the code **NurseMonth23**. If you would like to give Terra Firma as a gift, click the GIFT TERRA FIRMA tab and use the code **LovemyNurse23**.

Thank you for all you do!

Expert Advice from Dr. Olpin

We call it cognitive restructuring when we change how we think about things. This is how we PREVENT our stress. There are many ways to do this. Today, I will give you three magical questions that will change everything for you, stress-wise, if you answer them correctly. Ponder these three powerful questions that help change how you think about situations, events, and people.

When we become tense, we can ask ourselves the following questions to help diffuse the stress response:

- 1. Is this stressor real? Am I really in danger, or am I just imagining or creating the danger or pain? Am I safe?** If we look at the situation with an accurate eye, we find that rarely is the danger or pain real. If we do not sense any danger, we will not feel any threat if we recognize that we are safe. As a result, the stress response will not activate to prepare us for any potential peril. We then can function in a more balanced way.
- 2. Can I handle this situation without physical pain or dying?** One sure source to determine if we can handle something and diffuse the need to turn on the stress response is our past experience. We have done many unknown things that seemed scary initially, and survived them all. Why should this situation be any different? If we can handle it, you don't need to feel threatened. Our experience tells us that we can handle most potentially stressful situations successfully.
- 3. Can I think about this differently?** As events happen, we choose how we view them or what they mean. How we interpret the situations will lead to feelings of calmness or stress. We can choose to feel grateful instead of resistant; forgiving instead of angry; trusting instead of fearful.

Remember: Your thoughts activate your stress, so adjusting how you think about things can help you prevent a lot of your stress.