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Jessica A. Tindal

CentraCare Health, tindalj@centracare.com

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What I Need – Self Care at the Unit Level

Jessica A Tindal BSN, RN, CCRN
St. Cloud Hospital, ICU, St. Cloud, Minnesota



Purpose

Self care is individualized and best done when awarded on a small scale.

Goals

For all employees of the ICU to:

- Feel valued outside of work
- Be recognized for taking care of themselves
- Participate in positive discussions
- Be rewarded for work life balance
- Be reminded of self care
- Not feel alone with their thoughts
- Pause and reflect
- Help others, spouses, kids, etc.

Future plans include:

- Seasonal questions of things to see, places to explore
- Recipe sharing
- Hobby experts
- Focusing on staffs' interests

Team Member

Jessica A Tindal:
After years of Covid and stress from work and home I went to my medical provider in March 2022 and was diagnosed with anxiety, depression and fatigue. I am interested in self care and want to share with others.

What the ICU has Done

At the start of Covid the ICU chaplain Calvin wanted to make a warm, safe place for staff to debrief. We were able to do that in our lounge space.

Fast forward to exactly one year ago and as I was healing from my Covid experience I was learning more and more about self care and realized that it is very specific to each person. I was given a handout titled, 7 Types of Rest and from that WHAT I NEED was invented.

7 Types of Rest: Physical, Mental, Sensory, Creative, Emotional, Social, Spiritual

In July 2022, a PowerPoint was sent out explaining “What I Need” to ICU staff. Since then, monthly emails have been sent with drawings for prizes for taking care of yourself.

February 2023, a bulletin board was placed in the breakroom. Items that staff can take one or leave one for themselves or a family member. A spot for inspirational things.

Prizes are given monthly and every 6 months. There is no pressure to participate. This is some of the feedback I have received:



- “I printed one off for everyone in my family.”
- “I had to go outside to meet my goal for this month.”
- “Thank you for caring about our well being.”
- “It is nice to know that I am not the only one feeling this way.”

Some of us need to fill others' buckets before we can fill our own. For those out there who get this, here is a project for you.

Results

What staff said they are working on:



References

- (2021, July 22). *Care for Yourself*. Centers for Disease Control and Prevention. <https://www.cdc.gov/mentalhealth/stress-coping/care-for-yourself/index.html>.
- Skowron, C. (2022, December 21). The 7 Kinds of Rest You Actually Need. *Psychology Today*. [The 7 Kinds of Rest You Actually Need | Psychology Today](https://www.psychologytoday.com/us/blog/the-7-kinds-of-rest-you-actually-need).