Queens Nursing Institute 2019

Lorraine Haining RMN. QN.

Independent Dementia Nurse Consultant

Appreciative Friday

Supporting Staff & Carers through Social Media

facebook IDEASTeamNHS

I.D.E.A.S.
Interventions for Dementia:
Education, Assessment & Support

I'VE LEARNED THAT
PEOPLE WILL FORGET
WHAT YOU SAID,
PEOPLE WILL FORGET
WHAT YOU DID, BUT
PEOPLE WILL NEVER
FORGET HOW YOU
MADE THEM FEEL.
-Maya Angelou

To love a person is to see all of their magic, and to remind them of it when they have forgotten
UNKNOWN

You might think that you don't matter in this world, but because of you,

someone has a favourite mug to drink
their tea out of that you bought them.

Someone hears a song on the radio and
it reminds them of you.

Someone has read a book you recommended
to them and gotten lost in its pages.

Someone's remembered a joke you told
them and smiled to themselves on the bus.

Never think you don't have an impact.

Your fingerprints can't be wiped away
from the little marks of kindness
that you've leftbehind.

PERMISSION TO
make a mistake

PERMISSION TO
take a risk

PERMISSION TO
not know...yet!

PERMISSION TO
ask for help

PERMISSION TO
play and be silly

PERMISSION TO
try again
& again

PERMISSION TO
try something new

PERMISSION TO
step outside your
comfort zone

PERMISSION TO
fail & learn

PERMISSION TO
feel the fear and
do it anyway

PERMISSION TO
start again

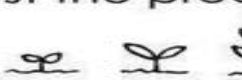
PERMISSION TO
challenge
yourself

PERMISSION TO
feel frustrated &
keep going

PERMISSION TO
be a keener

PERMISSION TO
keep going even
when it is difficult

PERMISSION TO
trust the process



PERMISSION TO
go to plan 'B'
(and 'c', 'd', 'e'...)

PERMISSION TO
be inspired by
others' success

PERMISSION TO
learn from
mistakes

PERMISSION TO
be less than
perfect

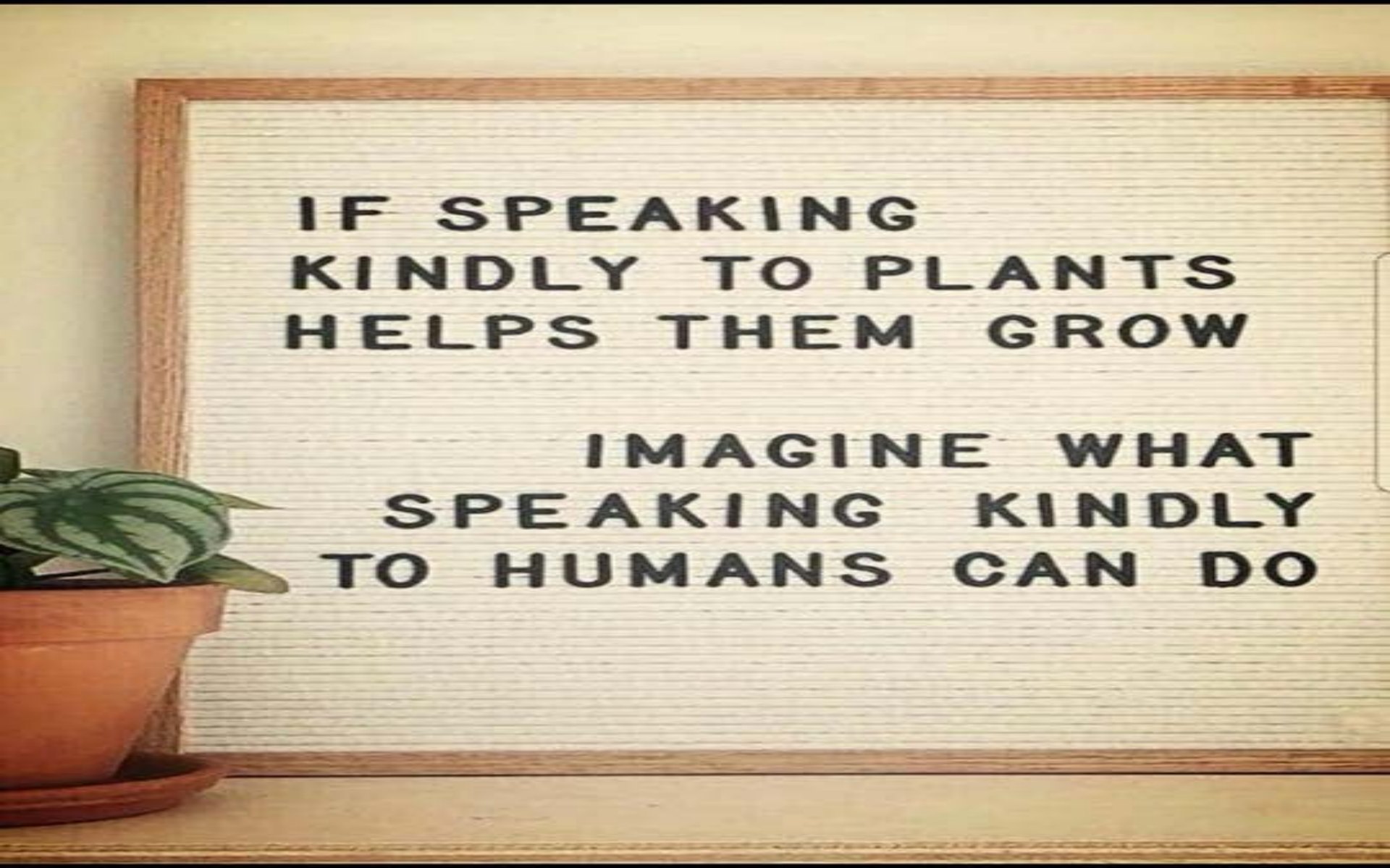
PERMISSION TO
fail miserably
(& learn magnificently)

free download: northstarpaths.com

Kristin Wiens @kwiens62

Today I refuse to stress myself out over things I cannot control or change

@bokifide


IF SPEAKING
KINDLY TO PLANTS
HELPS THEM GROW
IMAGINE WHAT
SPEAKING KINDLY
TO HUMANS CAN DO

"Train people well enough so they can leave, treat them well enough so they don't want to." - Richard Branson

Take care of your employees and they will take care of your business. It's as simple as that.

-Richard Branson

Loyal Employees are Assets – Not Liabilities!

A sign you have a positive workplace culture is laughter. Just listen to how much laughter there is where you work. Laughter is a very good sign of positivity. You can work hard and still laugh and enjoy your workday more.

Sam Glenn

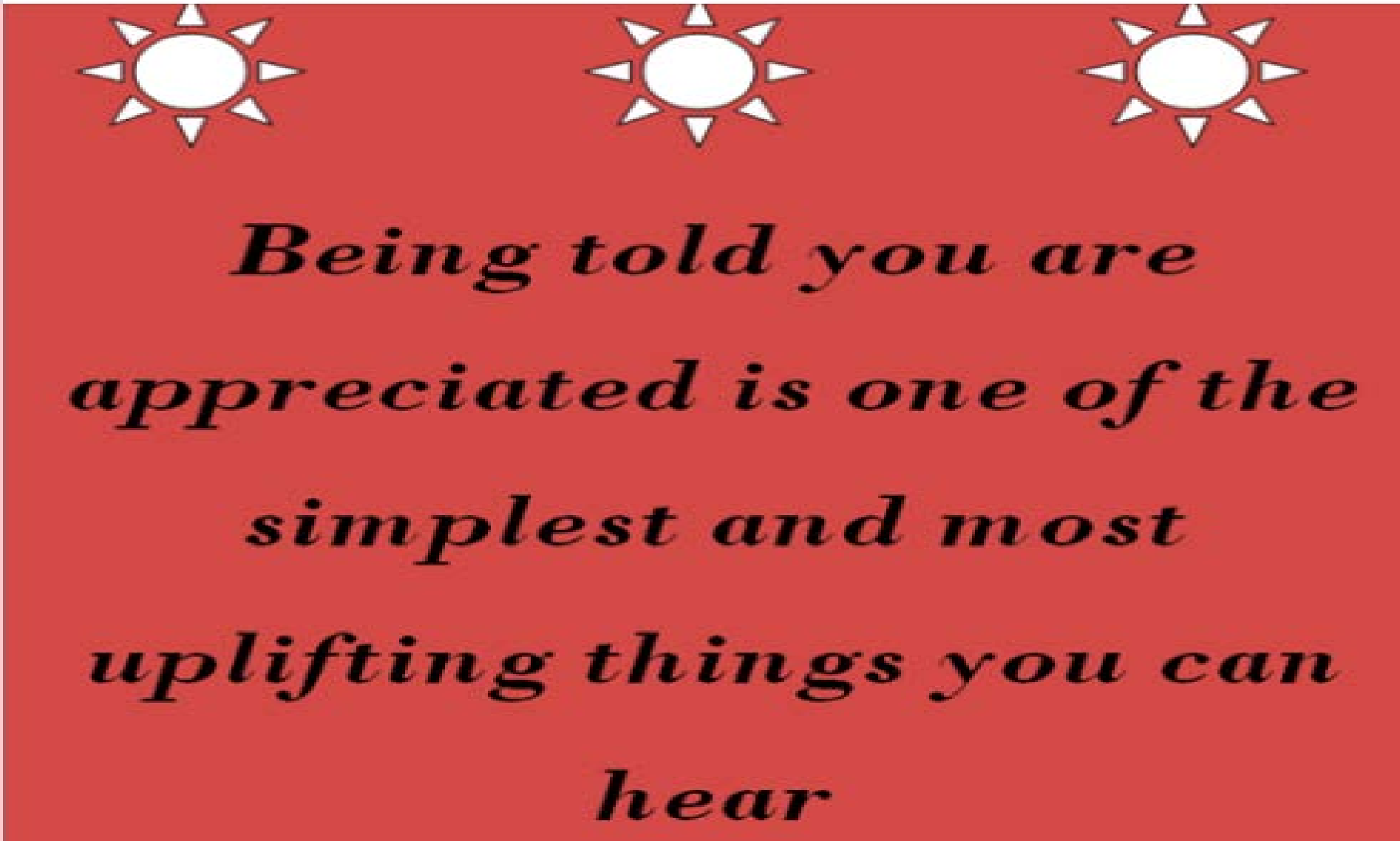
Today, you need to nurture your own hearts and prepare for another week of love and kindness. Never stop doing what you do - it is invaluable."
Brendan

“Care for one: that’s love, care for hundreds: that’s nursing”
“Nursing is about more than medicine it’s about engaging with an individual on a human level, like a daughter and her father”

Emilia Clarke: Actress & Nurse Ambassador

IDEAS Team
27 July

APPRECIATIVE FRIDAY
Simple message today, tell your staff, colleagues friends and family just how much you appreciate them, it goes a long way.....



‘Life is like a camera’

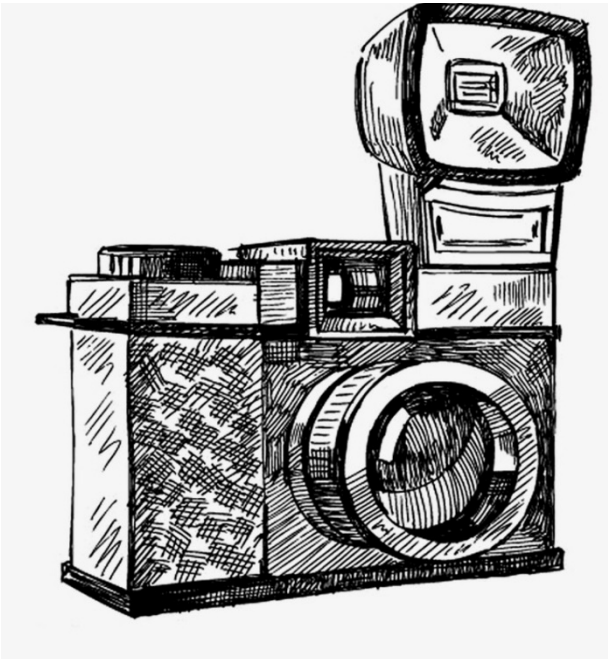
Focus on what’s important

Capture the good times

Develop from the negatives

And if things don’t work out

Just take another shot…..



We promise to be...

Caring

We promise to...

- **Show** kindness and consideration to others.
- **Help** those in need.
- **Be** friendly to everyone we meet.
- **Say** only nice things about others and discourage gossip.
- **Give** compliments and show appreciation.
- **Assist** those around us without being asked.
- **Cherish** our friendships.

Favourite Quote

Our lives are not determined by what happens to us, but by how we react to what happens to us.

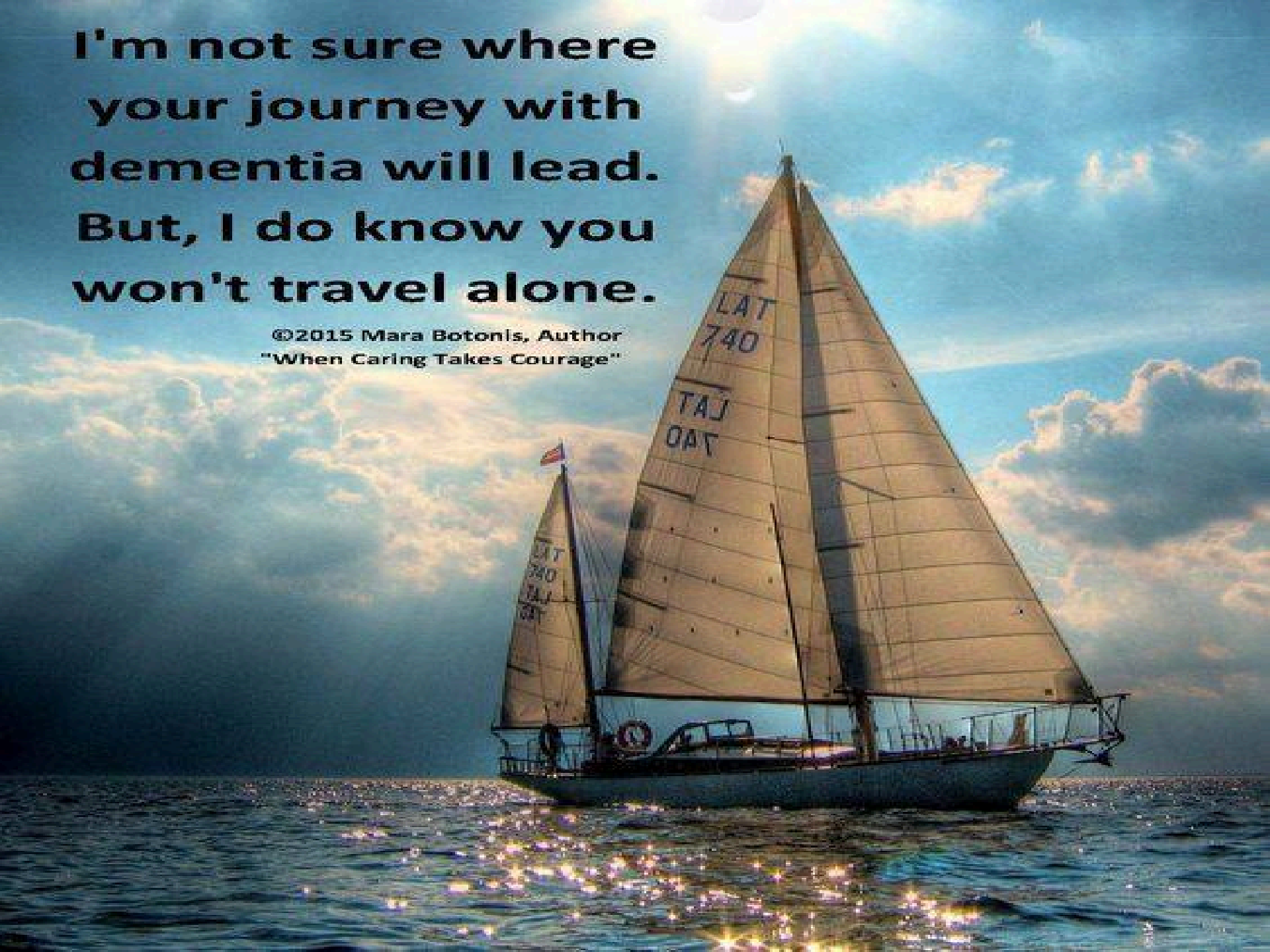
Not by what life brings to us but by the attitude we bring to life.

A positive attitude causes a chain reaction of positive thoughts, events and outcomes.

It is a catalyst and spark that creates extraordinary results.

So today we share a marvelous quote from the inspirational Helen Keller that just says it all.....

"Alone we can do so little, together we can do so much." -- Helen Keller


I'm not sure where your journey with dementia will lead. But, I do know you won't travel alone.
©2015 Mara Botonis, Author
"When Caring Takes Courage"

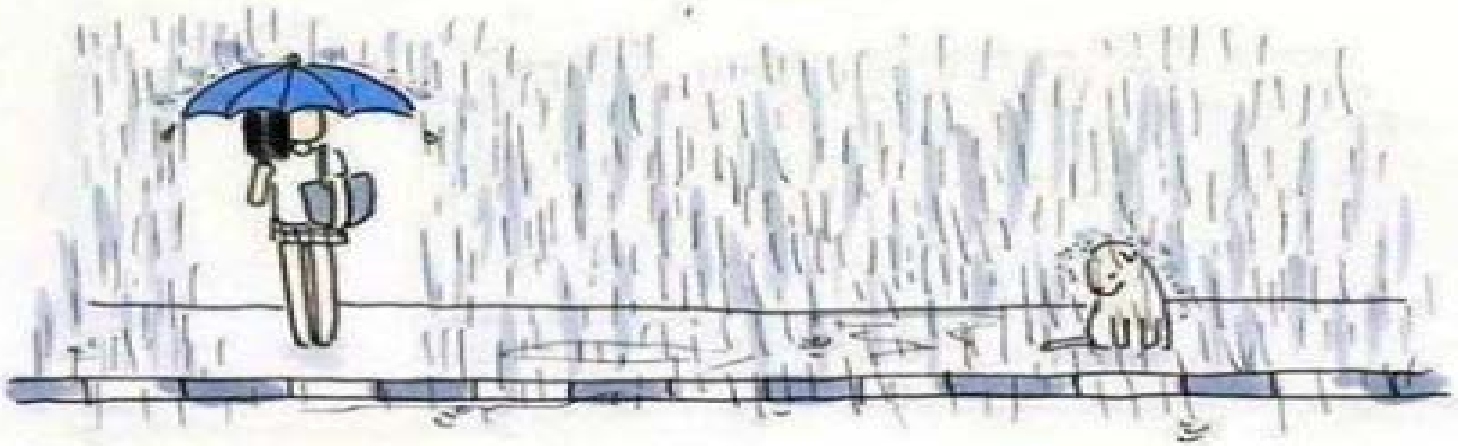
KINDNESS
can transform someone's dark moment with a blaze of *light*. You'll never know how much your caring *matters*.
MAKE A DIFFERENCE
for another *today*.
—Amy Leigh Mercree, *author*
Home Helpers®

Applying Maslow's hierarchy of needs to connecting with employees: you have to meet their lower level needs before you can expect them to work their way up the pyramid

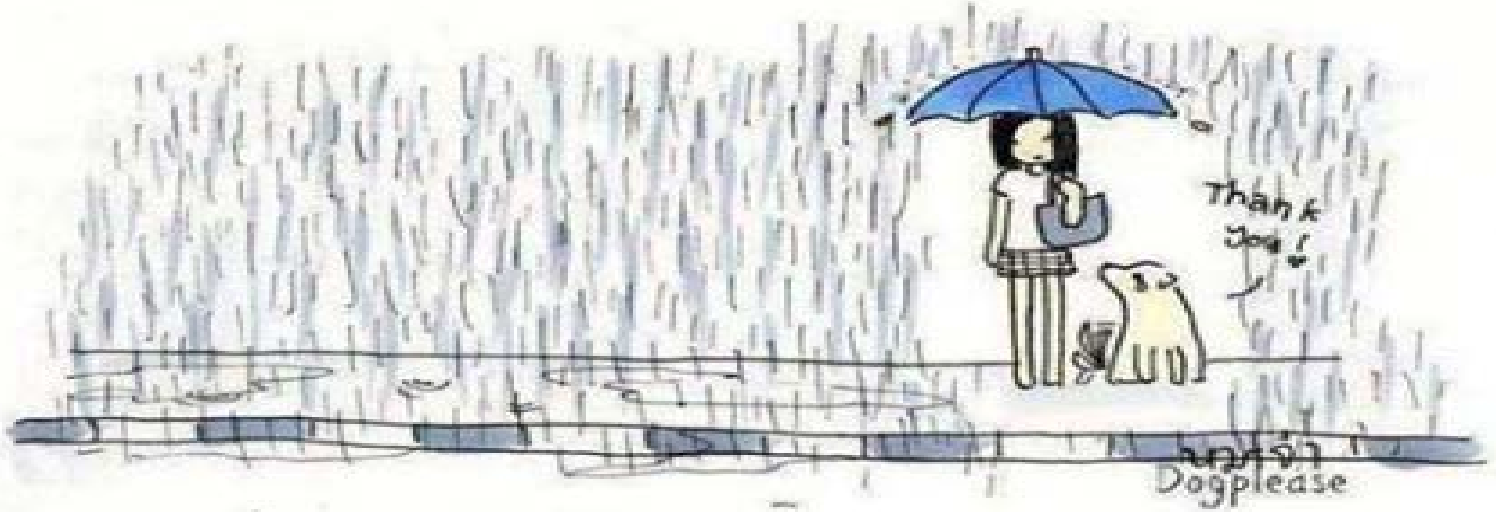
EVERY DAY IS
R U OK? DAY
Ask
R U OK?
or something like this:
"How you travelling?"
No, I'm not OK.
Dig a bit deeper:
Yes, I'm fine.
But your gut says they're not:
"What's been happening?"
"How long has that been the case?"
"I'm ready to listen if you want to talk."
"It's just that you don't seem your old self lately."
"I'm always here if you want to chat."
"Is there someone else you'd rather talk to?"
Listen; don't judge
Encourage action and offer support:
"How can I help?"
"What would help take the pressure off?"
"What do you enjoy doing? Making time for that can really help."
"Have you thought about seeing a professional?"
Make time to check in:
"Let's chat again next week."
Visit ruok.org.au
for more tips
R U OK?™

IDEAS Team
31 August at 15:21 ·

Appreciative Friday
Today we want to encourage you to carry out a small act of kindness. You might just make someone's day!!



No act of kindness, no matter how small, is ever wasted. ~ Aesop



SMILE.
IT'S
CONTAGIOUS.

stressful day TO-DO LIST

Any day spent with you
is my favorite day.
So, today is my new favorite day.

When everyone at work is in a Bad mood except you

HOW TO... MAINTAIN YOUR RESILIENCE DURING TIMES OF STRESS

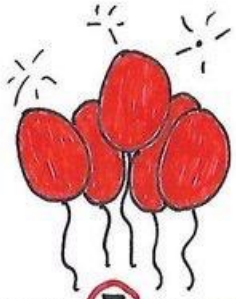
@Haypsych
www.halopsychology.com

1 Focus on the foundation of HEALTH

- Get enough quality sleep
- Do some regular exercise
- Eat healthily
- Keep hydrated
- Cut down on alcohol
- Meditate for 10 mins a day

2 Manage your TIME

- Spend some time to plan the week ahead
- Prioritise items on your to do list
- Have max of 5 items on your daily to-do list and then work through sequentially
- Use your calendar to block out tasks, not just meetings



3 Have FUN and make time for RECREATION

- Block time out in your diary just for you
- Take up an absorbing hobby e.g. music, art
- Book a holiday
- Book a long weekend
- Watch your favourite show
- Watch a comedy

4 Have clear BOUNDARIES

- Protect your time off, such as weekends
- Have a time you switch off from responding to emails
- Switch off from social media an hour before bed
- Keep your phone in a room separate from your bedroom

5 Take some TIME OUT

- Plan ahead and block time off in your diary e.g. every six weeks have a long weekend or a week off
- Go outside for lunch during the day
- Go for a 5min walk during the day

6 Talk to someone you TRUST

- Find a friend or colleague to talk about how you're feeling
- If you have a coach, work with them to identify some practical things you can do
- If you don't have a coach, think about getting one to help you

AUGUST 2017

EXIT

Sometimes those
who care for others
need to know
others care for them.

WHAT REBELS WANT from their boss...

1. **WE ARE NOT TROUBLE MAKERS**

We are motivated to make our org **BETTER**

2. **WE CARE** about work more than anyone else

THAT'S WHY WE ARE WILLING TO ENGAGE IN A CONFLICT

3. **WE NEED AN ENVIRONMENT** where it is safe to disagree and challenge STATUS QUO

4. **LOVE OUR DIFFERENCES AND QUIRKS**

We may not be like you

AND THAT'S A GOOD THING

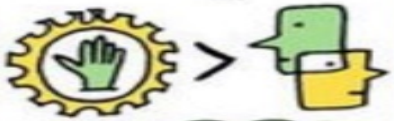
5. **CHALLENGE US**

give us thorniest problems

LET US PROVE OUR WILD IDEAS AT WORK

We want to be stretched

6. **DON'T GIVE US LIP SERVICE**



Tell us as it is

NO GLIB LIKE

THERE'S NO BUDGET

NO RESOURCES

7. **COACH US** on how to navigate org. politics so we avoid making mistakes

8. **REBELLIOUSNESS IS A POSITIVE BEHAVIOR**

it is an act of **courage** and **risk taking**

9. **APPRECIATE US**

and we'll move mountains for you.

Insights from: RebelsatWork.com
Sketchnote by: Tanmay Vora | @tnvora | QAspire.com

We're short-staffed again tonight... you'd better put these on.
NURSES STATION
IN

Your Body on Walking

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%.

MEMORY: 40 minutes 3 times a week protects the brain region associated with planning and memory.

MOOD: 30 minutes a day can reduce symptoms of depression by 36%.

HEALTH: Logging 3,500 steps a day lowers your risk of diabetes by 29%.

LONGEVITY: 75 minutes a week of brisk walking can add almost 2 years to your life.

WEIGHT: A daily 1-hour walk can cut your risk of obesity in half.

HEART: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

BONES: 4 hours a week can reduce the risk of hip fractures by up to 43%.