

Operation Stay Well: February 2023

Monthly wellness activities for school nurses & the school staff they support



Presented by:

Chardae Korhonen, LMSW
Eric VanBuskirk, LMSW
Outreach Specialists

STAYWELL
Michigan.gov/StayWell

Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.



Stay Well Counseling Hotline: 1-888-535-6136, PRESS “8”
Web page: Michigan.gov/StayWell

Today's activity has been approved for 1 contact hour of nursing continuing education credit.

Michigan State University College of Nursing is approved with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.



Completion & Financial Disclosures for this Continuing Education Learning Activity

Criteria for successful completion for participants:

1. Participation in the learning activity
2. Completion of the post-session evaluation survey at the conclusion of the session.

Commercial and Financial Disclosures:

No one with the ability to control content of this activity has a relevant financial relationship(s) with an ineligible company to disclose.



Wellness Community of Practice

- Year-long collaboration between Stay Well and School Nurse Consultants
- Each SSNC meeting will be enhanced by an **Operation Stay Well** segment focusing on the exploration of wellness and will include:
 - Coping skills to model
 - Resources to share
 - Group collaboration
 - Monthly check-ins
- End-of-year review



What is **occupational wellness**?

Personal satisfaction and enrichment from one's work.

Occupational wellness

The professionally well person is enriched by their work and engages in work to gain personal satisfaction connected to a life purpose or direction. Occupational wellness means that a person's work is consistent with lifestyle values and goals and finds meaningful ways to use individual strengths to positively contribute to society.

What is **intellectual wellness**?

Recognizing creative abilities and finding ways to keep your mind flexible, informed, and engaged

Intellectual wellness

The intellectually well person seeks lifelong learning by engaging in education and other knowledge pursuits. Intellectual wellness values moral reasoning and an expanded worldview to inform critical thinking skills.

Nurturing occupational wellness

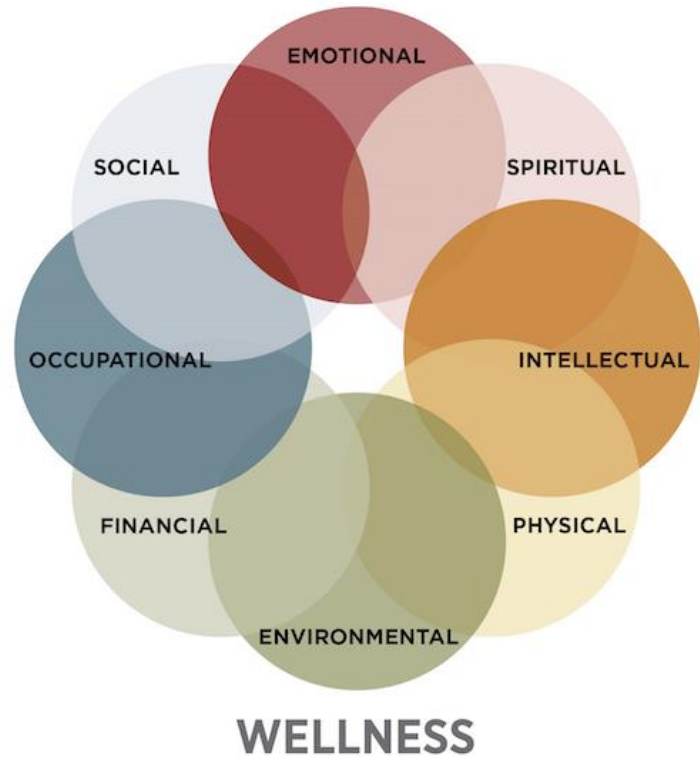
- Update your resume annually or after any changes in position.
- Pursue ongoing professional development.
- Engage in communities of practice.
- Connect your work to purpose.
- Input self-care breaks into your workflow.
- Begin and end your day with a breathing exercise.
- Include (or advocate for) self-care during staff meetings.
- Multitask less: focus on completing one task at a time.
- Increase autonomy and purpose: set your own work-related goals.
- Pursue employment that suits your strengths.
- Create and maintain social connectedness with colleagues.
- Do not fear or regret asking for help.
- Volunteer to mentor or train new employees.
- Offer feedback to your leadership team often.

Nurturing intellectual wellness

- Learn one new fact each day.
- Visit your local library once a month.
- Try at least one new hobby each year.
- Choose a documentary over a sitcom.
- Trade some of your social media time for a brain-break app.
- Watch or listen to Ted Talks.
- Sign up for community education classes.
- Explore your family history.
- Start a collection.
- Give yourself permission to play.
- Invest in passes to experiences: museums, zoos, parks, etc.
- Explore a new art form.
- Attend concerts, showings, or other performances.

Activities

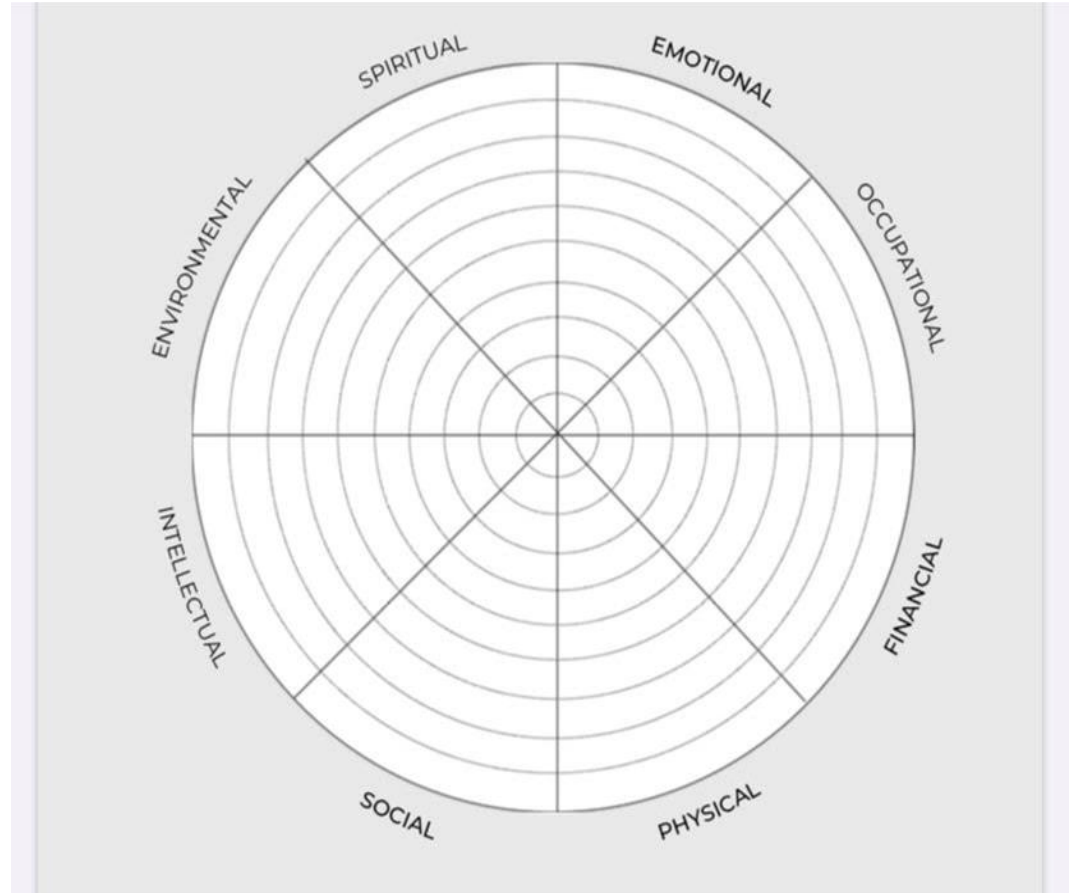
- Intellectual Wellness Break: Can we figure these out as a group?
Brain705a.htm
- Occupational Wellness jamboard activity: shorturl.at/cgoAE and discussion: what is one way you will (or are already) seeking to enhance your occupational wellness.



Updating my plan:

Consider today's meeting as the final "piece" to your wellness plan. What takeaways stand out for you?

- Contemplate and/or share out or type into chat.



References & Resources

- [Council of Nonprofits: Community of Practice](#)
- [Michigan Stay Well Website](#)
- [Substance Abuse Promoting Wellness for Better Physical and Behavioral Health-SAMHSA](#)
- [9 Dimensions of Wellness Digital Booklet](#)
- [10 Dimensions of Wellness Framework](#)
- [“Creating a Healthier Life” SAMHSA Step-by-Step Guide to Wellness](#)
- [SAMSHA Guide to Wellness](#)

Thank You!

Chardae Korhonen, LMSW

Outreach Specialist

chardaek@gmail.com

Eric VanBuskirk, LMSW

Outreach Specialist

eric.rediscoverllc@gmail.com

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Post Session Evaluation

Please complete the activity evaluation survey to provide feedback on the activity and receive your contact hour certificate.

Scan the QR code with your phone or click on the provided link.

Your continuing education certificate will be provided electronically following submission of the survey.

Evaluation link:

https://msu.co1.qualtrics.com/jfe/form/SV_ahO4YPEGxmQM3mS



Questions?

CON.Nurse.CE@msu.edu

