

Perioperative Nurses Week 2022- Written Submission

As nurses in a largely predominantly female field we are constantly putting others before ourselves. Whether it is at work, home or even out in public it is our nature to help others before we help ourselves.

Over the past few years we have all felt the intense pressures that pull us in all directions. We have banded together even in the most difficult times to still serve our communities and those most vulnerable. We have not felt valued by our government but we can push through and change the narrative. For not only ourselves but our clients.

My dear friend who recently left the nursing profession after 32 years of OR nursing uses the analogy of during flights it is always reinforced to put your own oxygen mask on first before helping others. But that is not generally in our nature as nurses but we really need to apply this to ourselves in the workplace.

We can only truly be our best and serve our clients' needs if we ourselves are taken care of. Whether it is meditating , reading , taking a walk , visiting the spa or whatever brings you joy being happy and healthy both mentally and physically can help us be our best selves and therefore everyone wins.

I encourage you to find even 15 minutes a day ... to unplug and unwind and to do something for you because as this year's theme clearly states caring for others starts by caring for ourselves!

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