Sorrow & Strength
Moving Beyond “Normal”

Beth Toner, RN, MSN, MJ, senior communications officer
January 31, 2022
2020, 2021 ... and now 2022?!?!

[Image of a dumpster with the years 2020 and 2021, and flames coming out, indicating a sense of chaos or drama.]
I think we all need to go into an empty field and just scream for about an hour.

“Scream”!
What one word best describes your most visceral feeling about the last 22 months?
Let’s reflect

- Name something you’ve *lost* since COVID began
- Name something you’ve *gained* since COVID began
There’s good reason to be angry

'It's impossible': Lack of Covid safeguards overwhelm school nurses

"School nurses here are facing a moral dilemma, because the protocols that are in place and coming from the state don’t align with their values," one expert said.

‘They See Us as the Enemy’: School Nurses Battle Covid-19, and Angry Parents

School nurses, who were already stretched thin before the pandemic, say that they are overworked and overwhelmed.
Not to be all Pollyanna ...

But there’s good reason to be *hopeful*, too
The 'naughty' nurse Halloween costume was always gross. Post-Covid, it's worse.
Nurses are adapting & innovating
Nurses are fighting for justice
For others – and for themselves
Nurses are speaking up

• On social media, in blogs, at school boards
I’m a nurse in a Covid-19 unit. My hospital’s leaders frighten me more than the virus

By Jaclyn O’Halloran, May 9, 2020

Jackie O’Halloran,
The Floor is on Fire, www.shiftnursing.com
But nurses are also exhausted.
It starts with you …

Put on your own “mask” before assisting others!
Self-reflection

Journaling/free writing, photography, even paint-by-numbers!
Listen to (read) other nurses
Find your people
What the Nurse Likes
Cortney Davis

…I like patients’ honesty—they trust me with simple things: They wake at night and count heartbeats. They search lumps.

…I like eccentric patients—old women who wear purple knit hats and black eyeliner. Men who put makeup over their age spots.
Thank you

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