

UPCOMING EVENTS

Hospice Syringe Driver Competency Course - 2 November, 1 pm- 3 pm

Hospice Syringe Driver Refresher Course - 9 November, 1 pm - 2.30 pm

This is your final opportunity to complete the 2022

Palliative Care Lecture Series

3 November 07:30am - 08:30am

PEACH - Palliative Education and Care for the Homeless/Vulnerably Housed

Watch them - wherever you are... you'll be able to access all you need for the lecture via a private webpage

click here!



Brain Teaser Competition

Each month our newsletter will have a puzzle, activity, or brainteaser. Submit your answers to

paula.king@hospicetaranaki.org.nz.

September Brain Teaser Answer:
Watermelon!

Last month's winner:
Heather Koch

Feed me and I live, yet give me a drink
and I die, what am I?

#HOSPICELINK

Looking after ourselves!

"The expectation that we can be immersed in suffering and loss daily, and not be touched by it, is as unrealistic as expecting to be able to walk through water without getting wet."

Dr. Rachel Naomi Remen, Kitchen Table Wisdom: Stories that Heal

What Is Self-Care? Self-care is any deliberate activity that we do to provide for our physical, mental, and spiritual well-being. It is important for workers in every field, but especially for nurses, who spend their working hours caring for others. We tend to give so much to our work and of ourselves to our patients. We need to ensure we can keep a balance in our lives to prevent burnout and build resilience and at times replenish our ability to demonstrate compassion and empathy ongoing.

Planning and practicing effective self-care strategies can sustain your capacity to flourish and support others, both personally and professionally, especially when faced with suffering or providing compassionate care for those struggling with the realities of living with death every day.

Can you identify one positive thing you can do for yourself today?

- Schedule purposeful breaks. Permit yourself to take a purposeful break
- Practice quieting your mind. One example of quieting your mind is to focus on your breathing
- Listen to calming music
- Take a walk
- Take a break from social media.
- Try keeping a journal
- Eat a well-balanced healthy meal

Palliative Care Australia Short videos

[Key messages about Self-Care](#)

[Understanding Self-Care](#)

[Planning for Self-Care](#)

Resources out there

- [justathought](#)
- [groovnow app](#) (This is a free well-being app to download onto your phone. It has lots of free info and tools etc)
- [The insight timer app](#) (This also is free to download and has loads of free resources on it it also has stuff you must pay for so just scroll past these).

Ending Life Well - Ep 1 - Carers - How to Keep Yourself Well

This podcast series is designed to help carers who have been thrown into the deep end of caring for loved ones who are dying. It may also provide useful information for Nurses, Caregivers, Therapists, and others in your organisation working with those and their families who are dying. It provides advice and information for carers who may not have the time or headspace to read online resources.

I encourage you to have a listen, and share with your team members and any family/whanau members within your facility who may find this helpful [buzzsprout](#)