I’m transforming as fast as I can … please send C.H.O.C.O.L.A.T.E.®

Objectives:
2. Assess effectiveness of current personal self-care practices
3. Discuss the self-care of the nurse as an ethical standard for nursing practice
4. Create a playful play of self-care

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Conflict of Interest Disclosure

None: Julia Balzer Riley, RN, MN, AHN-BC,

A conflict of interest exists when an individual is in a position to profit directly or indirectly through application of authority, influence, or knowledge in relation to the affairs of PENS. A conflict of interest also exists if a relative benefits or when the organization is adversely affected in any way.


• CENTER and be present
• HEAL with humor
• OPEN to relationships
• COPE with elegance
• OUTLAST, accept
• LEARN something New
• ACCEPT responsibility for yourself
• Take TIME
• ENGAGE in life
Creating a Playful Plan of Self-Care

If you had a magic wand... how would you use it?

Julia Balzer Riley, RN, MN, AHN-BC

Resources for Further Exploration