

# Stress Release for Nurses

## Terra Firma Monthly Newsletter

March 24, 2023



### Welcome to Stress Release for Nurses!

You have found solid ground (AKA Terra Firma).

Terra Firma /ˌtɛrə ˈfɜrmə/: Definition: Solid Ground

Terra Firma is a term that originated in the early 1600's. If someone uses the term "terra firma" it means they feel safe on solid ground instead of being in the air or on the sea. We use terra firma as a less literal term. "Meditation helps me find my terra firma." Our stress release course can help you find solid ground.

Click [here](#) to watch a video on how to get started.



If you'd like to join now, click [here](#).

### A Message from Terra Firma:

LOVE yourself first!

We often receive the message to be "selfless" or "put others before ourselves." We know that caring for and serving others benefits our mental and physical health. In addition, research shows that by making oneself a priority, we are better equipped to care for others. For example, when we offer ourselves compassion, we can provide compassion more readily to others. When we take time for ourselves, we can honor that same desire in others, often encouraging it. When we take time to eat healthily, drink plenty of water, take the necessary breaks during the work day, and step off the nursing unit to take those needed deep breaths, we have more capacity to give to our patients and co-workers. The idea of making yourself a priority also applies outside of work. Start by identifying one or two things you can do every day to make yourself a priority and LOVE yourself first. Then notice the positive effects it has for not only you but also those around you.

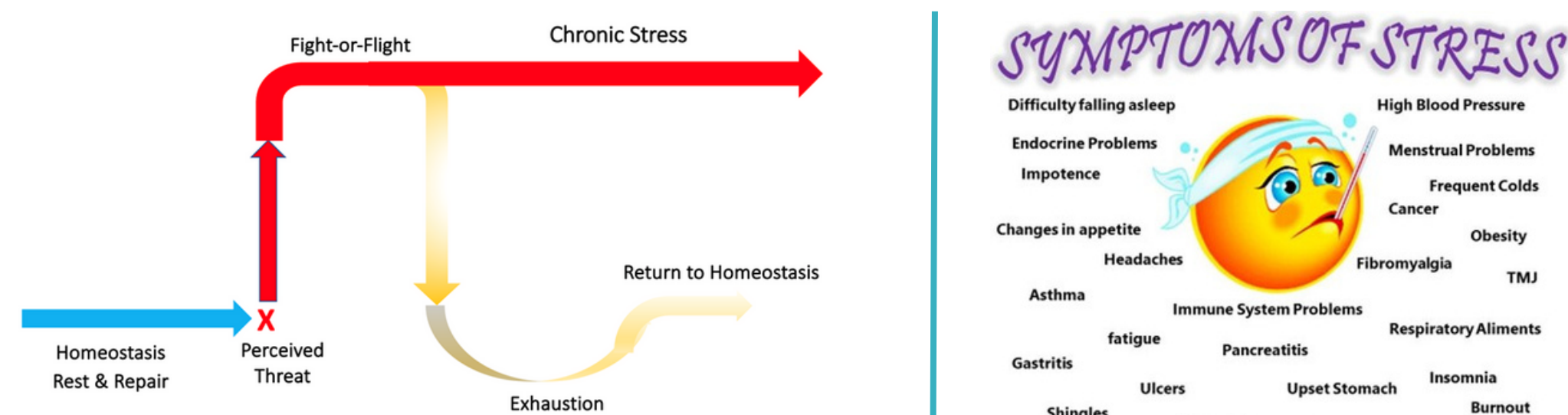
With love, The TerraFirma Team

### Expert Advice from Dr. Michael Olpin:

The stress response is only designed to last long enough for us to escape from dangerous physical situations, about 15-30 seconds. It is a state of enormous physiological imbalance designed to make us very strong and very speedy, right now.

When we don't find ourselves in dangerous situations (99% of the time), stress is an unnecessary response. Unfortunately, all we have to do is think something is terrible, and the stress response turns on. And this is how many of us think about things for a lot of our days. So, we keep activating the stress response.

The following diagram shows how chronic stress happens:



When we remain in chronic stress, this imbalance results in all kinds of problems. Above (on the right) are common symptoms of stress. Nearly every malady common in our society has a stress component. Fortunately, we can do a lot to remove these undesirable effects of chronic stress.