



RESILIENT NURSES INITIATIVE  
• M A R Y L A N D •

## ***Inspiring Infographics: Sharing Nurses' Resilience Contest*** **Call for Submission**

Nurses are resilient and we want to keep them that way. Often our resilience is invisible so let's make the invisible, visible because **pictures are worth a thousand words**.

Infographics - a visual representation --have the power to inform, bring hope, and inspire others to build resilience in their personal and professional life – all while having fun using the creative side of our brain.

Through our project, ***Inspiring Infographics: Sharing Nurses' Resilience***, we bring to life how nurses and nursing students are thriving during periods of stress

**Join the R<sup>3</sup> Community: Make an infographic! Join our contest!**

Create a one sheet digital poster to: See sample below

- inspire others toward positivity,
- illustrate how you're living your values,
- simplify your life,
- practice with integrity, or
- use mindfulness practices every day.

Showing how you are resilient and practicing through your values with integrity is contagious so join us by sending in your infographics today!

**When is this due?** March 31 to [khudson2@jhu.edu](mailto:khudson2@jhu.edu)

**Winners announced at the April 20th State-wide Conference. Top prize \$100!!!** (5 winners will be announced)

**Questions? Contact Krysia Hudson at** [khudson2@jhu.edu](mailto:khudson2@jhu.edu)

**Who can send in an infographic?** Any nurse or nursing student in the state of Maryland

***Let's inspire others –share your experience! See sample infographic below:***



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# INCREASING CLINICAL RESILIENCE

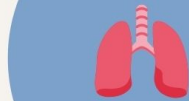
## HOW TO PROMOTE RESILIENCE

### SELF CARE FOR DURING CLINICAL

- plan hydration breaks
- pack lunch, snacks for entire shift
- plan bathroom breaks



### MINDFULNESS PRACTICE DURING CLINICAL



- breathing techniques

### SELF CARE (IN GENERAL...)

- 7 hours of sleep/night
- 30 min exercise 5 x /week



## PROMOTE MINDFULNESS

### ENCOURAGE TEAM MEMBERS TO PRACTICE



#### DON'T BE DISCOURAGED

- Change is hard
- Support is necessary

#### CONNECT WITH R3!

see R3 website (coming soon)



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[https://www.canva.com/design/DAE4qdg638I/O4v-eqRJ1Xn2QT1H0zgPAw/view?utm\\_content=DAE4qdg638I&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=shareyourdesignpanel](https://www.canva.com/design/DAE4qdg638I/O4v-eqRJ1Xn2QT1H0zgPAw/view?utm_content=DAE4qdg638I&utm_campaign=designshare&utm_medium=link&utm_source=shareyourdesignpanel)



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