

Notes from Open Space Topic Convenors

What was your topic or question?

**Self-nurturing for health care providers—why do it? How do we/can we do it?
Costs of not doing it? What are the benefits of doing it for healing healthcare:
healing ourselves/ our relationships/ our communities?**

What were major discussion points?

- The importance of self-nurturing in order to be able to wholly do our work.
- The stresses of incorporating self-nurturing (?!)—where does the time come from? Take from time with family? Work less time/ less pay in order to take better care of ourselves? (Can we afford monetarily to do this? Can we afford personally and professionally to not do this?)
- Scarcity versus abundance in terms of money issues—how do we want to see it?
- Lots of positive reinforcement when one gets sick...not a lot of positive reinforcement to stay/ be well!!
- Guilt for taking care of ourselves/ doing things for ourselves when it is taking time away from being with family
- The need to give permission to ourselves to self-nurture...we need to make it a discipline!
- The barriers involved in self-nurturing:
 - money (money to spend nurturing ourselves or loss of income if we take time off work for ourselves)
 - expectations of ourselves/ expectations of others
 - our perfectionistic tendencies (should be able to do it all)
 - high performance expectations of ourselves
 - power/control: feels good to help someone or “fix” someone, so we keep doing it...
 - feeling like we have to be all things to all people
 - can't say NO

What did you learn?

SEE ABOVE, and...

- We need to give ourselves permission to self-nurture...we need to make it a priority.
- Our attitude is KEY...we hold the power to make the choices that make our life different.
- What kind of role model are we being for others when we are not taking care of ourselves?
- Do we have to become critically ill physically or emotionally in order to reset our lives?
- Find and nurture our passions...(this may not be a money-maker).
- Taking care of ourselves is a decision we need to make and reaffirm on a minute-to-minute basis.

Whom should we contact for more information?

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