



Horizons Newsletter

LOUISIANA ASSOCIATION OF STUDENT NURSES



Louisiana SNAs in Action

Read about some activities our SNAs have participated in

Self-Care

Take care of yourself to manage stress while in nursing school and even after graduation

Health Observances

Check out these health observances for February

You can win a \$25 gift card!

How to win: **Article** – short healthcare article with reference(s)
Passion Story – your reason for a career in nursing
Student Spotlight – fun facts about you and your goals

Due date: 31 March 2020

Where to submit: lasnhorizonseditor@gmail.com

* A sample template for the Student Spotlight can be found in this newsletter

SNA Success Stories

Charity School of Nursing



CASN had fun welcome incoming students for orientation and hosting a fundraiser!

Photographs courtesy of the Facebook page of CASN Charity Association of Student Nurses.



SNA Success Stories

Louisiana State University HNO



The LSUHNO SNA has been busy volunteering by planting native tree saplings with Audubon Nature Rangers, volunteering and running in the Rock & Roll marathon, and hosting Mount Carmel Academy students interested in nursing!

Photographs courtesy of the Facebook page of LSUHNO SNA members.



Self-Care in Nursing School and Beyond

Sometimes we may be so busy studying, being at clinical, working, and managing family issues that we may forget to take care of ourselves. Not taking care of ourselves may have a negative impact on our bodies, the way our brains process information, and how we handle people in our lives. This month let's focus on self-care. We all need physical activity, good sleep, nutritious food to eat, and having fun with friends and family. Let's decrease the stress in our lives and focus being better to ourselves and having a good emotional well-being.

Here are a few ideas from nursing students:

- Walk outside and enjoy the weather
- Have fun with friends without looking at my cell phone
- Pour a hot bath and relax
- Snuggle with my pet
- Eat healthy and pack good snacks
- Put away my books for 30 min and watch a funny TV show
- Pamper myself with a DIY facial
- Go to the gym with a friend to work out while studying and quizzing each other
- Stop studying at least 1 hour before bed and take that time to unwind.

Deep Breathing and Yoga for Self-Care

Written by Kokoro Schwartz, Charity School of Nursing

When in nursing school, it's hard to think about doing anything else but to study. However, we can't put aside our health (mental and physical) and expect to come back to it in two years and pick up where we left off. We need to take care of ourselves so that in turn we will make good caretakers of others. These are a few things I do to calm my mind, refresh my body, and break up those long hours in front of my textbooks.

Deep breathing - slow and steady breaths helps to calm the sympathetic nervous system.

Method: Sit up straight with relaxed shoulders back and down, the crown of the head lifting towards the ceiling, chin slightly down, and spine straight. This can be done sitting cross legged on the floor or on a chair. Rest the hands on the thighs or knees. Take deep breaths through the nose with the lower belly engaged so that the air flows into the lungs and not the stomach. Count to 4 as you inhale and exhale to the count of 4. Repeat 10-20 times (the more, the merrier!). Focusing your thoughts on your breath helps to calm and still a frenzied mind.

Sun salutations - are a sequence of poses that open both the anterior and posterior aspects of the body. I find this sequence therapeutic, invigorating, and relaxing as it stretches the muscles. I especially love doing 8-10 sun salutations first thing in the morning. Inversions such as downward facing dog encourage blood flow and may help to clear the sinuses (it sure does for me!).

It's all too easy to put aside self-care when one feels their schedule is already full and are overwhelmed. However, the body and mind needs a break to function better. It doesn't have to take long, start by investing 10 minutes throughout day on rejuvenating oneself with the breath. What better time than while learning to care for others that we take time to care for ourselves.

Health News

February Health Observances

Every month in health care, National Health Observances bring to light important topics in our field about which we should all be knowledgeable. LASN invites you to take some time looking into the January Health Observance!

- [Age-Related Macular Degeneration Awareness Month](#)
- [American Heart Month](#)
- [Gallbladder and Bile Duct Cancer Awareness Month](#)
- [International Prenatal Infection Prevention Month](#)
- [National Cancer Prevention Month](#)
- [National Children's Dental Health Month](#)
- [National Senior Independence Month](#)

Weeks to note:

- February 7 - 11 - [Congenital Heart Defect Awareness Week](#)
- February 9 - 15 - [Cardiac Rehabilitation Week](#)
- February 14 - 21 - [Alzheimer's Disease and Dementia Care Staff Education Week](#)
- February 23 - 29 - [National Eating Disorder Awareness Week](#)

Days to Note:

- February 4 - [World Cancer Day](#)
- February 7 - [National Wear Red Day](#)
- February 7 - [Give Kids A Smile® Day](#) (kick-off)
- February 14 - [National Donor Day](#)
- February 22 - [National Heart Valve Disease Awareness Day](#)

Find the link to the association that organizes this health observance and more information at:
<https://partners.healthgrades.com/blog/2020-healthcare-observances-calendar>

Horizon's Newsletter Student Spotlight

Your passion for the nursing profession and story will have the opportunity to be published in the LASN newsletter! Thank you for exhibiting excellence in nursing and being a leader within your school's nursing program!

Please fill out the form, attach a photo of yourself to your email and answer 3-4 of the following questions regarding yourself and your experiences in nursing school. You do not have to answer every question and your answers can be as long or as short as you choose.

Name: _____

Questions:

1. What are some of your hobbies and interests outside of nursing school?
2. If you could invent something that would make life easier for nurses what would you invent and why?
3. Why did you choose nursing as the profession that you wish to pursue?
4. What is your secret to success in nursing school?
5. My favorite thing about my nursing school is _____. (Why do you love the school that you attend?)
6. What would be some advice that you wish to share with students considering a career in nursing?
7. What is your proudest moment or greatest obstacle that you had to overcome in nursing school?
8. What do you look forward to in the future as far as your nursing career is concerned?
9. Tell us a fun fact about yourself!

Horizons Newsletter Submissions

Do you want to be published in the *Horizons* Newsletter? Articles, Passion Stories, and Student Spotlight Stories received by 31 March 2020 will be entered into a drawing for a \$25 gift card. The drawing will take place in April. LASN Board of Directors are excluded from being entered into the drawing.

Articles:

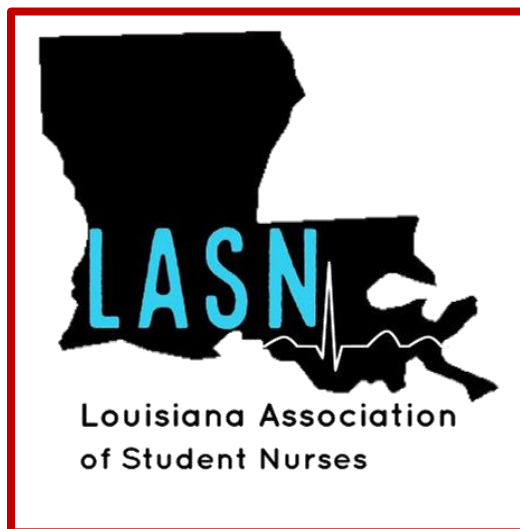
We are looking for students who want to write articles to be published in our newsletter. The article may be about nursing, healthcare, wellness, or any topic students may be interested in and learn from. If you would like your article to be published in the *Horizons* Newsletter, please email lasnhorizonseditor@gmail.com.

Passion Stories and Student Spotlight Stories:

We are looking for Passion Stories and Student Spotlight Stories! If you or someone you know would like to be featured in the *Horizons* newsletter, please email lasnhorizonseditor@gmail.com.

SNA activities with description and photos:

We know that all of our Louisiana SNAs are active as a positive impact in their communities. If you would like your SNA's activities to be featured in the *Horizons* Newsletter, please e-mail your pictures with a brief description of the event(s) to lasnhorizonseditor@gmail.com. Thank you!



LASN MISSION STATEMENT

Our mission is to promote the health and well-being of all people by preparing future leaders and scholars in the health sciences. Louisiana Association of Student Nurses is a statewide community enabling the transition of the student to professional nursing through leadership, education, mentorship, and stewardship.