

THE CORRECTIONAL NURSE

Inspiring

Professional Correctional Nursing Practice

December 2023

This month, as we go headlong into the holiday season, I thought it would be good to discuss strategies to acknowledge and promote gratitude in our lives. Incorporating gratitude into our daily routine doesn't require grand gestures; it's about embracing simplicity and mindfulness. Here are a few practical ways to infuse gratitude into your everyday life:

Practice Morning Reflection:

Start your day with a moment of gratitude. Before diving into the hustle and bustle of your day, take a few minutes to reflect on three things for which you are grateful. It could be the comfort of your bed, the morning sunlight, or the opportunity for a new day.

Keep a Gratitude Journal:

Maintain a journal dedicated to documenting things you're thankful for each day. It could range from significant events to the smallest moments of joy—anything that brought a smile to your face or warmed your heart.

Practice Mindfulness:

Throughout the day, pause and immerse yourself in the present moment. Whether it's enjoying a meal, appreciating nature during a walk, engaging in a conversation, or even that moment when medpass is complete, be fully present and grateful for these experiences.

Express Gratitude:

Make it a habit to express appreciation to those around you. It could be a heartfelt "thank you" note, a text message, or simply verbalizing your gratitude for someone's presence or actions.

Shift Your Perspective:

During challenging times, consciously shift your focus to find silver linings. Even in adversity, there is an opportunity for growth, or a lesson learned. Acknowledge these moments and be grateful for the resilience they build.

Gratitude Rituals:

Create specific rituals centered around gratitude. It might involve a nightly reflection on the day's blessings with family or setting aside a few moments before bedtime to express gratitude silently.

Mindful Consumption:

Practice gratitude in how you consume media and its content. Instead of dwelling on negativity, seek out stories that inspire positivity and gratitude. Limit exposure to content that fosters negativity or comparison.

Acts of Kindness:

Engage in acts of kindness or service. Volunteering or helping others often results in a deep sense of gratitude for what you have and your ability to make a positive impact.

Gratitude Reminders:

Use visual cues or reminders to prompt gratitude. It could be a sticky note on your desk or a gratitude app on your phone, serving as gentle nudges to pause and appreciate.

Reflect and Recalibrate:

End your day with a moment of reflection. Take stock of the day's blessings and challenges, acknowledging what you are grateful for and learning from your experiences.

Incorporating gratitude into daily life is about fostering a mindset—a lens, if you will, through which you perceive the world. It's not about denying challenges but appreciating the richness and beauty that exists within them. Consistent practice gradually rewires the mind to focus on the abundance rather than scarcity, fostering a more content and fulfilled life.

I wish you all gratitude in your life!

Newsworthy Notes

The next American Correctional Nurses Association OPEN FORUM to be held on December 21, 2023. Check out the [website!](#)

Upcoming conferences include

[The American Correctional Association's](#) Winter Conference in National Harbor, MD January 4-7, 2024.

PLAN NOW for the NCCHC Spring 2024 Conference to be held in St. Louis, MO April 27-30th.

Remember that you can find our past Newsletters on the CorrectionalNurse.Net website in the Newsletter Archive.

Thanks for all you do, and Be Safe!!

CorrectionalNurse.Net

This month at [CorrectionalNurse.Net](#) we will be discussing Correctional Nurse Professional Development and The Pitfalls of Empty Phrases in Correctional Nurse documentation.

As always, announcements for new blog posts will be posted on our FaceBook pages and on Instagram.

Please [FOLLOW US](#) and check back often to ensure that you get notification of new posts!

VISIT CORRECTIONALNURSE.NET NOW

Correctional Nurse Educator

Our 50% off featured class this month at The Correctional Nurse Educator is **Chronic Wounds for the Correctional Nurse**. I hope you enjoy it!

Remember The Correctional Nurse Educator will work with your group to provide quality, accredited continuing education classes at a discounted and affordable cost.

VISIT THE CORRECTIONAL NURSE EDUCATOR NOW

Nursing Behind the Wall


This month at [Nursing Behind the Wall](#) you will meet Mr. Coooper, a gentleman with shoulder pain.

VISIT NURSING BEHIND THE WALL NOW

In closing, I appreciate you taking the time to read this newsletter, and I hope that you will find our sites interesting and educational. Our profession of Correctional Nursing is unique and sometimes challenging, but always very important to our patients. The impact we make is far-reaching, even if it is not always evident as we care for our patients. I have ALWAYS been proud to say that I am a Correctional Nurse – I hope that you are as well!

Lori

Inspiration



THE CORRECTIONAL NURSE

CorrectionalNurse.Net

San Diego, CA 92101
United States

[f](#) [f](#) [f](#) [p](#) [@](#)

CONTACT US

You received this email because you signed up on [CorrectionalNurse.Net](#), [Nursing Behind the Wall](#) or [The Correctional Nurse Educator](#). If you no longer wish to receive our emails, you may [UNSUBSCRIBE](#) below.

[Unsubscribe](#)