

# Centered & Present: Holistic Self-Care Strategies to Sustain the Pain Management Nurse

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***The ASPMN-LI Chapter  
Presents the 24th Annual  
Pain Conference***

***“Pain Management:***

***Head***



***to Tail”***



# Disclaimer



Please abstain from any activity that is not conducive to your health and wellbeing.

Notify the speakers if you have any allergies to essential oils or reactive airway disease

Be mindful of your own bodies' movement limitations

All activities have modifications for those with movement restrictions



The activities we are reviewing and practicing today are not intended to treat, cure or prevent disease.



Self-care activities and wellbeing practices are intended to support good health and enhance feelings of ease - as opposed to DIS-ease

# Objectives

Be

- After completing this workshop, you will be able to:

Describe

- Describe the evidence base supporting holistic self-care interventions for stress management in nursing practice

Demonstrate

- Demonstrate practical application of holistic modalities including aromatherapy, chair yoga, breathwork, mindfulness, and reflexology

Apply

- Apply specific self-care techniques in both personal and professional settings to reduce stress and enhance wellbeing

Develop

- Develop an individualized self-care toolkit that integrates multiple holistic strategies for personal and patient care

# Today's program will cover...



The value of self-care for nurses



Creating your own self-care toolbox

- Breathwork
- Meditation & guided imagery
- Yoga practices
- Aromatherapy
- Aromatherapy self-massage

# Why a self-care workshop?

- The nursing profession is physically demanding and mentally and emotionally challenging.
- Society benefits from healthy nurses.
- Prioritizing nurse well-being supports nurses' health, resilience, job satisfaction
- Healthy nurse provides quality care, reduces errors, and increases patient satisfaction.
- We (the presenters) are nurses

(Williams et al., 2025; Patrician et al., 2022)



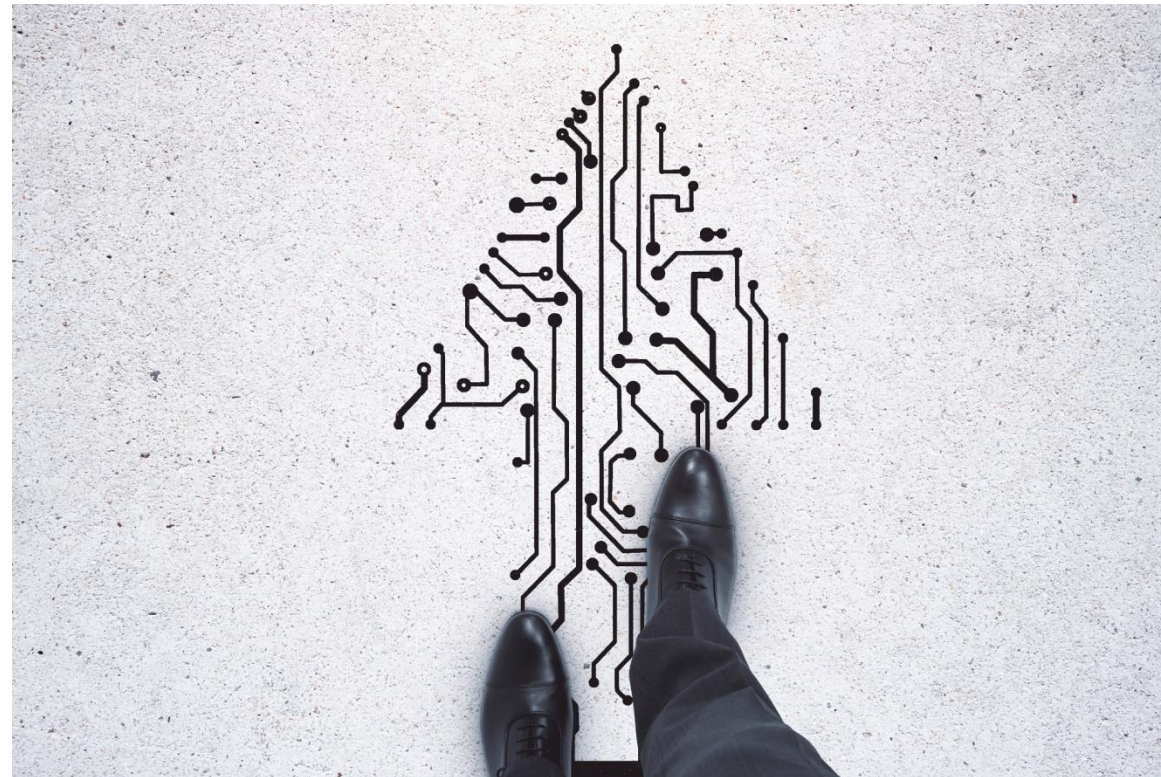


# How Stress Fuels Pain

- Cortisol keeps body on “high alert”
- High cortisol → immune dysregulation → inflammation
- Inflammation → increased pain sensitivity
- Cycle: stress → hormones → inflammation → pain

(Alotiby, 2024)

“Every journey begins with a single step”  
~Lao Tzu~



“Every journey begins with a single ~~step~~ breath”  
Breathwork is the foundation  
of all mind-body practices



# Breathwork

Practice



# Meditation & Imagery



# Meditation vs Guided Imagery

## • **Meditation**

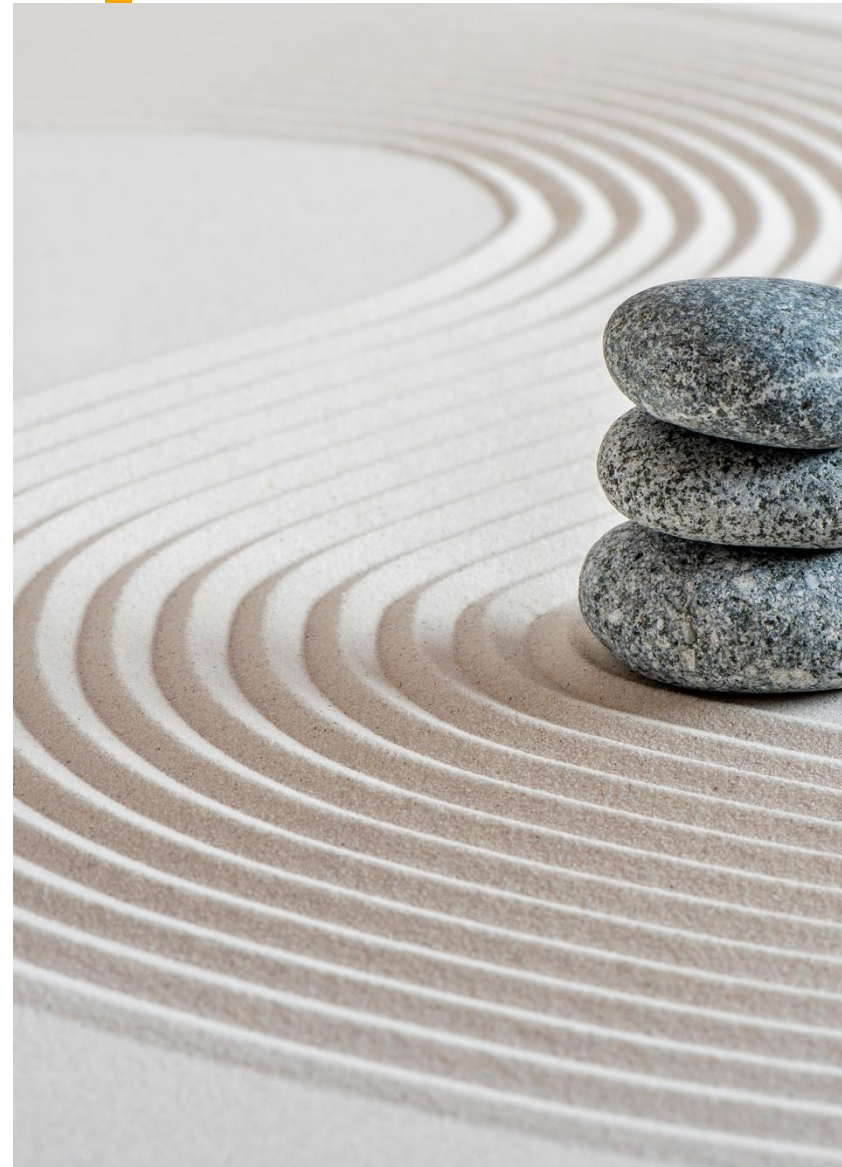
- Focus on single point of awareness
- Passive observation of thoughts
- Cultivates mindfulness, presence, inner peace
- Deeper connection with self
- Enhances emotional health & self-awareness

## • **Guided Imagery**

- Immersive mental experience
- Visualizing calm scenes
- Used for specific purpose
- Set goals - relieve pain
- Effective for specific outcomes



# TYPES OF MEDITATION



Mindfulness:

- Non-judgemental

Spiritual:

- Diverse

Focused:

- Concentration using any five senses

Movement:

- Active

Mantra:

- Repetitive sound

Transcendental:

- Approach to deep meditation

Progressive  
relaxation:

- Body scan

Loving-kindness:

- Strengthens compassion, kindness and acceptance

Visualization:

- Positive scenes, images and figures



LET'S PRACTICE MEDITATION

Yoga



# Benefits of Daily Gentle Yoga Practice



Helps relieve stress

Increases flexibility

Calms the mind

Strengthens the body

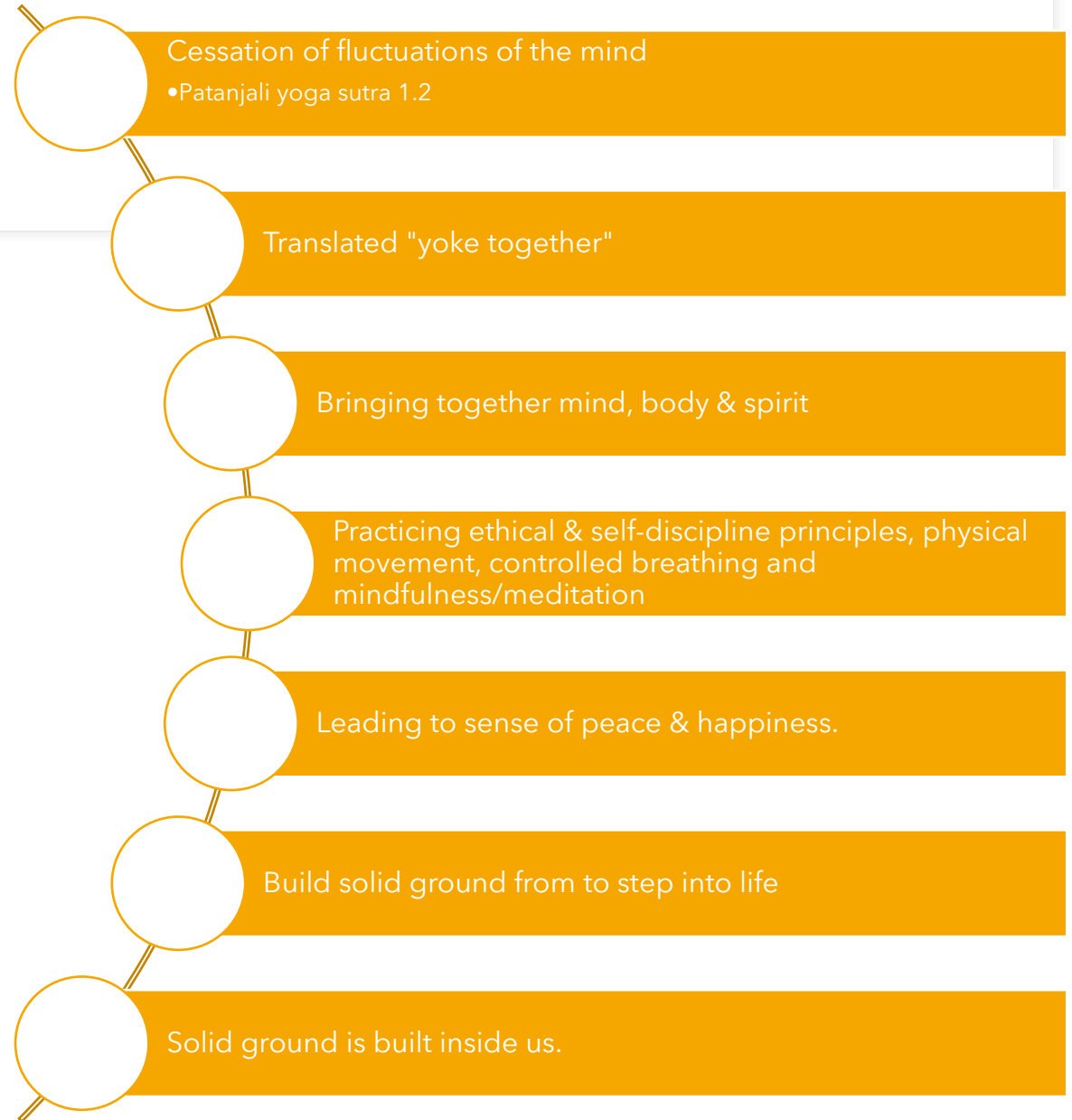
Relaxing

Enhances range of motion

Accessibility

(Chen, 2024)

# Yoga for self-care



# Creating the Shift

## Pranayama

- Controlling & directing of the breath
- Achieve the shift from fight or flight to rest and digest.

## Asana

- Physical yoga poses
- Helps us achieve this shift.

## Combined asana & pranayama

Stimulate the vagus nerve

Shifting from sympathetic nervous control to parasympathetic.



Words fail to convey the total value of yoga  
It has to be experienced-  
~*BKS Iyengar*~



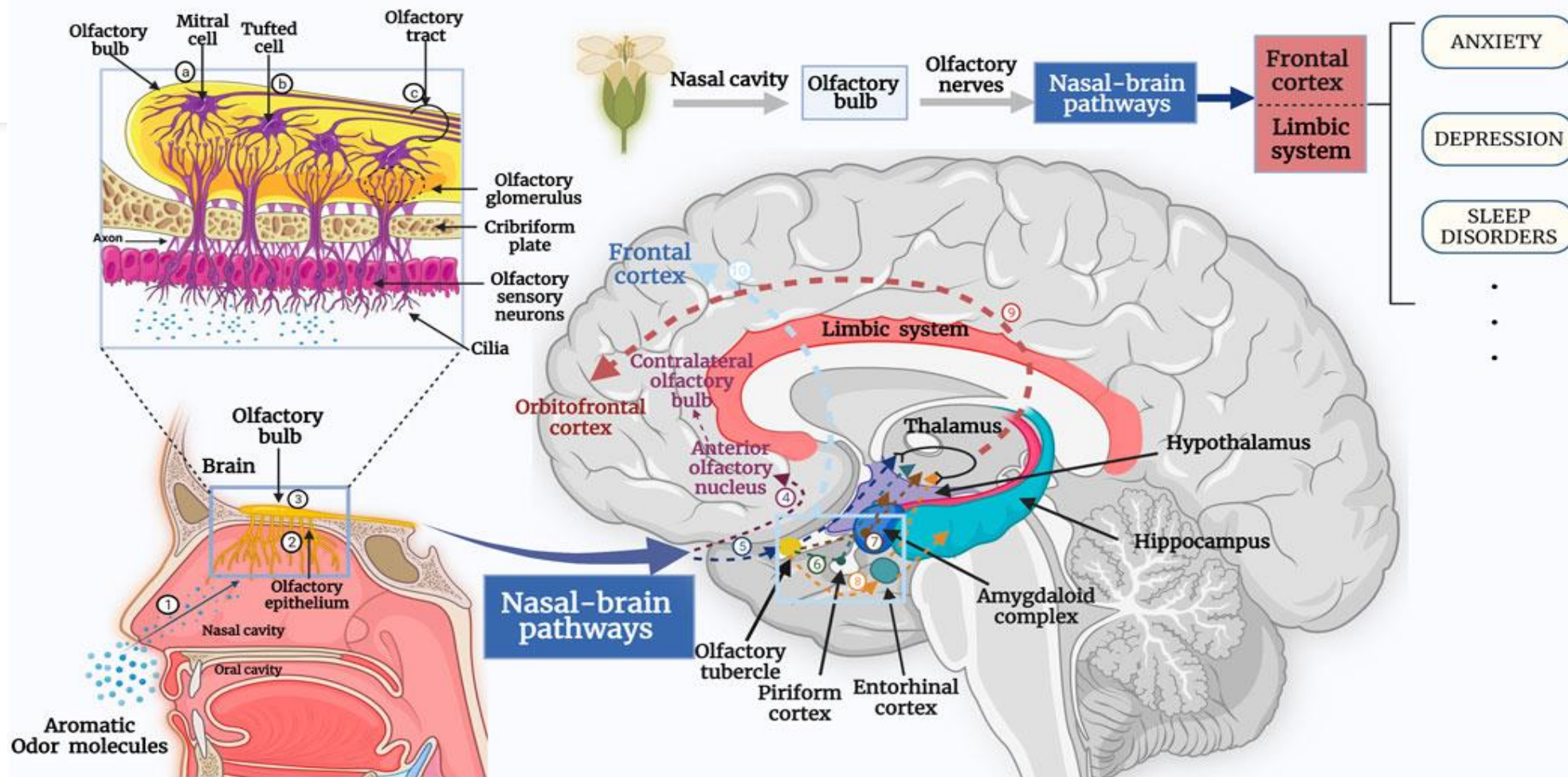
Let's Practice

# Aromatherapy



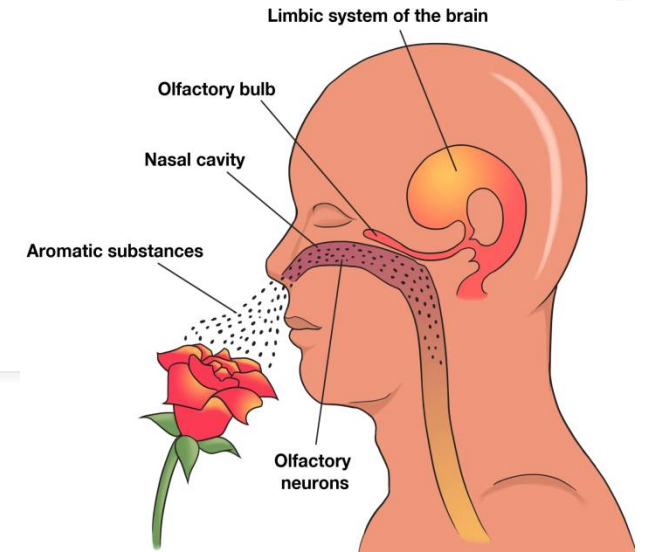
# Science of Aromatherapy

## Inhalation Aromatherapy via Brain-Targeted Nasal Delivery for Mood Disorders



Cui J, Li M, Wei Y, Li H, He X, Yang Q, Li Z, Duan J, Wu Z, Chen Q, Chen B, Li G, Ming X, Xiong L, Qin D. Inhalation Aromatherapy via Brain-Targeted Nasal Delivery: Natural Volatiles or Essential Oils on Mood Disorders. *Front Pharmacol.* 2022 Apr 12;13:860043. doi: 10.3389/fphar.2022.860043. PMID: 35496310; PMCID: PMC9041268.

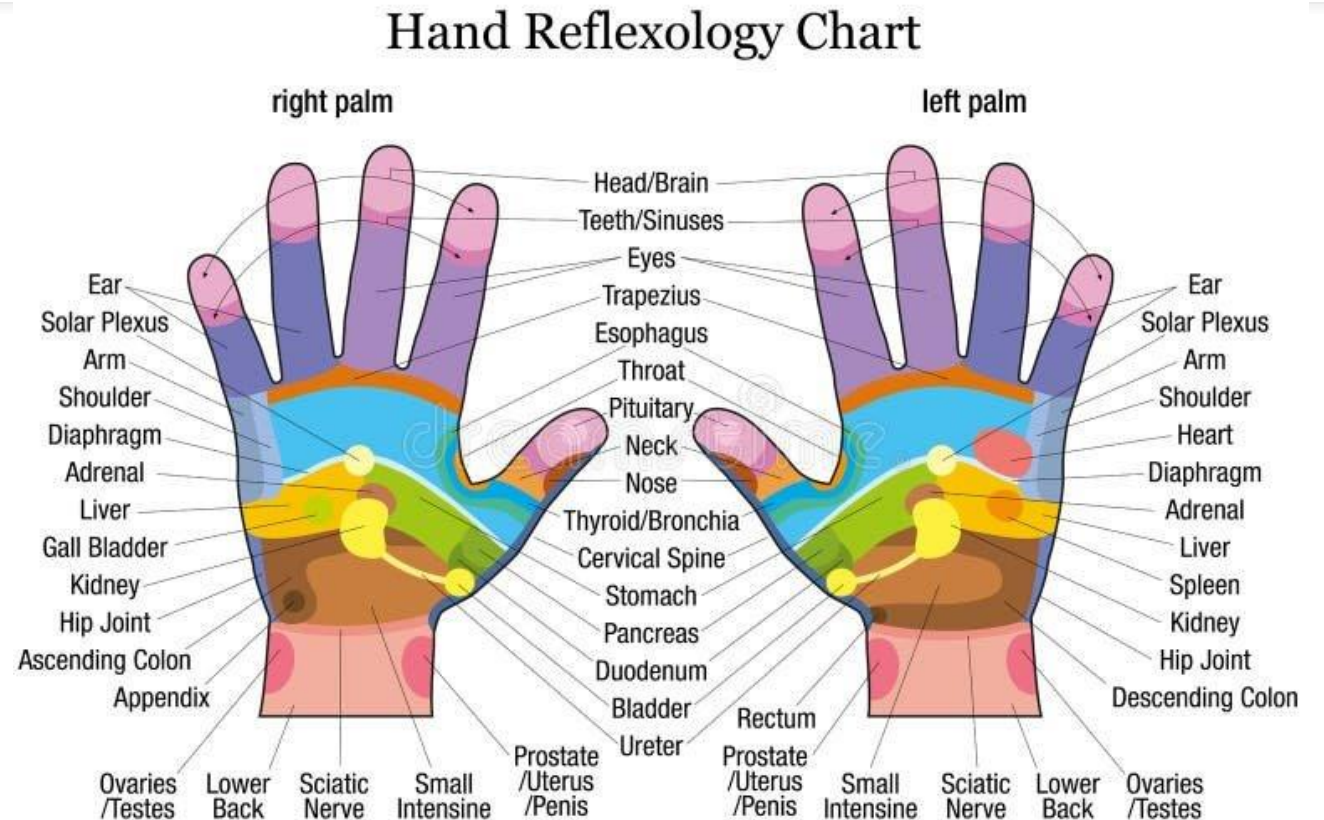
# AROMATHERAPY MASSAGE



- Blends massage therapy with aromatic essential oils (EO)
- Enhances both physical and mental well-being
- Essential oils are diluted with carrier oils and applied directly to skin
- Can be diffused for inhalation during the massage
- Impacts olfactory nerves connected to brain
- Impacts the limbic system – emotions and stress response

# Aromatherapy Massage

- Essential oils have analgesic and anti-inflammatory properties
- Stimulate release of endorphins to uplift mood and increase positive feelings.
- Alleviates pain by increasing blood circulation, reducing muscle soreness and relieving tension.
- Promotes deep relaxation of the body and mind





# Let's Practice

Self-massage with Essential oils and Reflexology

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# Thank you!

Questions?

Northwell Mather Hospital  
Integrative Care and Pain  
Management Program

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# Resources

- American Holistic Nurses Association
- National Guild of Hypnotists
- HeartMath.org
- [Kripalu Center for Yoga & Health](#)
  - Kripalu.org
- [Yoga NIH](#)
- American Nurse's Association (ANA)
- American Society of Pain Management Nurses (ASPMN)