

Health

School_Nurse Daily Newsletter



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♥ Devotional Highlight

“Running on Empty” – Isaiah

40:31

Last year must have been rough for us all at one point or another. Situations arise that seem unbearable, the workload got a bit more extensive, school got a little more aggressive, and it just seems like we were grasping at straws. The overwhelming sense of hopelessness overtook us before we even realised.

Thankfully we have a God we can turn to when we feel overburdened, the one who promises that we will not ‘grow tired or weary’. God knows that we will have days when we will have days when we are physically and emotionally drained, but He is counting on us to go to Him to restore and renew us.

Prayer: Dear God, thank you for being my burden bearer, especially on the days when I feel like I can't go any further.

(Extract from Our Daily Bread)

♥ Topic of the Month

‘Importance of Self Control and Self Discipline’

Hi everyone! It has been a long time since we have met in this fashion and may I just say, you all are looking lovely and ready to take on the new year (wink). We'll be starting off the year with a topic that many of us struggle with, including adolescents. Some of us even misunderstand what each term means, but here we are, ready to learn, so let's get to it.

Self-control is virtually the demonstrating of discipline, when faced with the desire or compulsion to do something. Self-control stops us from satisfying our immediate urge to do something.

Self-discipline applies to us working towards something. It urges us to maintain an activity even though it is difficult to do so. Self-discipline has us putting in extra hours to improve our grades and exercising self-control in order to not eat that extra donut because we are on a diet.

Essentially, self-control is deciding that we will not smoke that next pack of cigar, and self-discipline is us deciding that we will maintain this for the next month or two, and some more after that (Freelance Star, 2019).

Some may ask, what does this have to do with nursing and being healthy? But, being a nurse encompasses much more than just telling you to eat right, it also includes helping you to curve each aspect of your life to ensure that you are holistically healthy. Let us look at it this way, if you lack self-control then you risk the chance of having no self-discipline, and if you have no self-discipline then you risk developing self-sabotage. In other words, I tell my students to drink water often, they decide not to, and then they come to me with regular nagging headaches that refuse to go away. Seeing the picture? Great.



The practice of self-control is very important, especially in our younger days. Self-control helps adolescents to decrease undesired actions, emotions, and thoughts. It also strengthens your desired thoughts and actions for long-term use benefits. Self-control is what you'll need to withstand the influence of negative peer pressure, the influences to do drugs, to join a gang, to disrespect other individuals, the negative influences to skip school this week. You'll need self-control in order to not follow the lead of the negative influences of this life (Kim, Y., Richards, J.S. & Oldehinkel, A.J., 2022).

Now, I've seen it way too often throughout my days, confrontations between students over the slightest comment -the threats, curse words, actual violence that follows after the exchange of words. Why does this happen? While we may not know the complete reason for this, we do know that lack of self control is a contributing factor.

One of the most important skills we can teach our children is self control; it's a survival skill. One that when mastered as adults, it helps us to enjoy our personal and professional relationships because we know how to control our emotions and actions.

We must teach our children that negative, aggressive and dishonest behaviours are unacceptable. Another consideration is, children model behaviours; so, if we find ourselves with undisciplined children, we may need to reflect a bit.



So how do we rectify this? Well, there are a few ways we can nurture self control in our adolescents (Boys Town, 2022):

1. Calming Down - Teach your adolescent to take "time-outs" to let your emotions settle down whenever they are angry or provoked
 - a. Let your child know that what they are doing is wrong, describe the behaviour to them (example: John, you are yelling at me.)
 - b. Use empathy to show your child that you understand what they are experiencing (example: I understand that you're upset.)
 - c. Tell your child exactly what they need to do to calm down (example: take some deep breaths and focus on calming down)
 - d. It is also important that we allow them time to calm down and remain calm ourselves. Give them permission to leave the situation in order to settle themselves, and then follow up on them later on and assess how they are doing. We can start by asking if they are ready to talk about what happened.

2. Follow-up Teaching - this step follows when your child responds to you in a calm tone.
 - a. Help them understand what they can cope differently next time, this helps us substitute inappropriate behaviours for appropriate ones. Also, ask your child what triggered their temper, this allows us to avoid it as best as possible.
 - b. Practise theoretical scenarios with your adolescent about possible ways they could react in similar future situations, this helps to cement the teachings.
 - c. Give a consequence. We all know the saying 'for every action there is an equal and opposite reaction'. It is important to practise self control.

Now, with self control out of the way, let's talk about self discipline. Earlier we mentioned that self control is a precursor to self discipline, if we have no self control, then it is difficult to even look towards self discipline.

Carl Pickhardt puts it this way, 'One way to think of self-discipline is this: the capacity to make oneself accomplish tasks that are hard or unwelcomed to do and to resist what is tempting but not wise to do'. Adolescents, it's even more important to develop self discipline, as you'll need this skill to transition into managing your self-reliance.

Your mother can only do so much and no more in trying to help you study, but when you go off on your own, it is YOUR self discipline that will keep you successful and going (and that goes for if you'll be going to university or building your own business).

Here are 4 sub-skills that can help you develop self discipline: Concentration (against Distraction), Completion (against Quitting), Consistency (against Irregularity), and Commitment (against Defaulting) (Pickhardt, C., 2016)

1. Concentration

This requires paying attention and resisting distraction and escape, it demands focusing. We all know that it is easier to focus on tasks we like rather than those we dislike. If we find ourselves finding it hard to concentrate, let's practise staying on task for longer periods of time and you'll eventually recognize your increasing attention span.

2. Completion

This calls for us to follow-through from beginning to end, chasing the objective when it becomes hard or harder to reach. It will require perseverance in the face of fatigue and frustration. I know this sounds hard, and like a whole lot of work, but it can be made easier. Let's try breaking down large tasks into smaller ones. It makes it easier to go through, and makes recognizing the progress much easier, which in turn motivates us to continue to push through.



3. Consistency

This will require constant effort in order to achieve the required goal. So, developing a routine that works for you will be important to take part in. And though it may get 'boring' after a while, it will be important to keep in mind the desired result of being consistent. One way to develop consistency will be through crafting a schedule of your daily plan to remind yourself when to do an activity.

4. Commitment

This will be you delivering to yourself the desired result that you had promised. You will be keeping the agreement you made. To develop an increase in self commitment, practise noticing how good you feel keeping the promises you made and resolve to keep treating yourself well.

It's no secret that these skills are developed through repetition, but it's never too late to start, and I'm sure it would feel great for you to reflect one day and say 'Hey! I'm really getting the hang of this!'.

I've examined why self control and self discipline is important, and how you can develop these skills. Let's now make them look much more appealing by looking at the benefits of self control and self discipline.

1. You'll develop better willpower (concentration and focus)
2. You'll develop endurance
3. Helps you manage your time more efficiently
4. It increases your productivity
5. Aids in improved relationships
6. Help's put your mind at ease
7. Boosts your confidence
8. Helps you become healthier - mentally and physically
9. Helps you make better choices
10. Builds resilience (Bardo, N., 2022)

Let's all make it our point of duty to help each other and ourselves become better at self control and self discipline.



quit talking
begin doing

♥ Alternative Therapy Tip

- 'Catch your breath!'

We all know what it feels like when we get a tad bit too upset about a situation, and we DON'T want anyone to talk to us. But, how about us talking to ourselves? Here are two ways in which we can help settle ourselves when in a heated situation (Borchard, T., 2017).

1. **Hand Massage (pressure point access)** - Use the thumb of one hand and press around the palm of the other hand (like you're kneading dumplings). It's a soothing act that unconsciously calms us down and can go by without anyone noticing as well!
2. **Palm Push stress relief technique** - Push your palms together and hold for 5 to 10 seconds. This gives your body an active 'push'(called the proprioceptive input) to remind you that you are in the here and now helps you let go of the stress you are holding on to.

CALM DOWN



♥ Nurse D's Tip



Closing your eyes during stressful situations helps you to calm down enough to refocus once more when you are ready to open them.

Also, dividing tasks into smaller portions for completion really works! It helps you to see the work in its smaller pieces rather than a whole, and it is much more manageable as well!

♥ Dear Parents

Welcome to 2023 everyone, and thank you for tuning in to SND once more!

With the topic of self control and self discipline being the topic for this month, I'd like to take a few minutes to discuss that with you for just a bit.

Our children emulate us, consciously and unconsciously. So, though we want them to develop certain traits and characteristics, it is important that WE FIRST possess such traits. That means, understanding what self control means for us, assessing where we lack discipline and control in our lives, and rectifying them with corrective behaviours. As well as using those corrective measures as a learning opportunity for our children, for them to understand that no one is perfect, and if you as an adult can adjust to more positive behaviours, so can they.

♥ Den Cu Yah!

We tend to hold our breath when we are upset. While we do this, it creates more stress for the body because we are 'sipping on air'. Lol! Let's not sip on any air, shall we? Take deep long breaths and let that anger go! (Lebowitz, S., 2020).

The text 'THANK YOU!' is written in a large, bold, black, hand-drawn font. The letters are thick and have a slightly irregular, sketchy appearance. To the right of the word 'YOU', there are several small, black, teardrop-shaped motion lines, suggesting movement or excitement.

Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.

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